



Full of ideas for half-term

Find out what's on for kids during holiday week

SEE PAGE 10



Off to Oxford & Cambridge

Bishop Challoner celebrates dream university places

SEE PAGE 11



Guided walk packs a punch

Join **Graham Barker** on a trip from Langdon Park to Bow Church

SEE PAGES 18 & 19

One last step for the Stairway to Heaven

WWII Tube disaster memorial fund needs just £10,000

BY JESSICA ODUBAYO

CAMPAIGNERS hoping to finish a memorial to people killed in a World War Two disaster are within £10,000 of reaching their goal.

Members of the Stairway to Heaven Memorial Trust are having a final push to raise the remaining cash to complete the monument in Bethnal Green Gardens.

The Bethnal Green Tube Disaster, on March 3, 1943, was the worst civilian disaster of World War Two.

Three hundred people who were entering the station, which was used as an air raid shelter, were crushed on the stairwell – 173 of them died and more than 90 were injured.

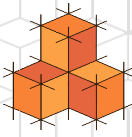
Survivor Babs Clark and campaigner Sandra Scotting, who lost her grandmother and cousin in the tragedy, are appealing to the community to help put the finishing touches to the memorial.

The pair visited Hague Primary School in Wilmot Street, Bethnal Green to give a live history lesson, after pupils and staff donated money to sponsor one of the memorial's 173 conicals of light, in memory of former pupil Rose Relf, who was just 13 when she died.

The conicals represent each of the victims and many have been paid for with donations from local businesses and members of the community.



Bethnal Green Tube Disaster survivor Babs Clark with Syed Marjan Ahmed, 10, at Hague Primary School



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Working together

“We are interested in learning more about what we can achieve by working with neighbouring boroughs.”

MAYOR LUTFUR RAHMAN, BELOW



Discussing the way forward

Leaders from Barking & Dagenham, Enfield, Greenwich, Hackney, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest met to build the case for a devolution settlement.

SEE BELOW

News

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CELTIC and Scotland footballer Charlie Mulgrew launched a three-year sports programme in the borough on Thursday, February 12. The Breaking Barriers scheme aims to deliver sports and arts activities designed to target young people at risk of falling prey to gang culture. Funded by the Big Lottery Fund and supported by the council, 5 Star Active and Poplar HARCA, the programme will run for 48 weeks a year. See next week's East End Life for the full story. Mulgrew is pictured practising his ball skills with year 8 Raine's Foundation School pupil James.

Nine boroughs call for more devolved power

BY STAFF REPORTER

NINE boroughs representing a region of London bigger than any other UK city will set out their demands for greater devolved powers.

Directly elected mayors and leaders from Barking & Dagenham, Enfield, Greenwich, Hackney, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest met last week at a conference to build the case for a devolution settlement

which will help unlock the unrivalled growth potential of the region for the benefit of local people.

The conference, titled Local London: Driving growth through devolution, was held at Stratford Old Town Hall in Newham.

A statement of intent, signed by all participating boroughs, was expected to be issued after the conference, as East End Life went to press.

Together, the nine boroughs have a population of more than 2.5 million people.

The opportunities for growth and development across the region are huge but, equally, the boroughs share many complex and significant challenges, ranging from low incomes to health issues.

Mayor Lutfur Rahman said: "East London is a thriving and dynamic area which is quickly becoming the powerhouse of the country.

"With Canary Wharf and the fantastic regeneration of Stratford post Olympics it is only fitting for the nine

councils to be given more powers to enable us to fully realise the potential of the region."

"We are interested in learning more about what we can achieve by working more closely with neighbouring boroughs.

"At a time when local government faces challenging financial decisions, it has to be worth discussing ideas that could potentially further accelerate improvements for the benefit of local people."

Inside this week's issue

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Full of ideas for half-term Off to Oxford & Cambridge Guided walk: picnic & punch

eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

One last step for the Stairway to Heaven

WWII Tube disaster memorial fund needs just £10,000

CHAMPIONS: Nisha D. Singh, a professional triathlete, is pictured at the Tower Hamlets Council's 'Run for the Tube' event.

CHAMPION: Nisha D. Singh, a professional triathlete, is pictured at the Tower Hamlets Council's 'Run for the Tube' event.



Helping children around the world

Unicef's Day for Change aims to encourage people around the world to think about protecting children caught in emergencies, such as the Philippines typhoon and the Syria conflict.

WWW.UNICEF.ORG.UK

Len lends support

Strictly Come Dancing judge Len Goodman donated to Stairway to Heaven in memory of his uncle.

SEE BELOW

News

Shisha bar shut after stabbings

BY STEFAN SWIFT

A SHISHA bar in Aldgate has been served a closure notice after several people were stabbed on the premises.

The police were called to The Loft – on the third floor of 126 Commercial Road – following a call from London Ambulance Service staff after a number of people sustained knife wounds on December 19 last year.

Metropolitan Police sought closure of The Loft using powers given to them in

the Anti-Social Behaviour (ASB), Policing and Crime Act 2014.

The council supported the application and provided evidence to suggest that the premises are the cause of ASB.

The shisha bar was shut down by Thames Magistrates' Court on December 29, 2014. Drugs had been seized during a previous visit.

At a separate hearing the manager of The Loft, Hussan Uddin, was found guilty of allowing the smoking of shisha in an enclosed space and fined £2,000. He was also ordered to pay costs of

£2,500. The smoking of shisha had been witnessed by council, trading standards and police officers on a number of visits to the premises undertaken since December 2013.

The law states that no smoking is permitted within enclosed or substantially enclosed public spaces or workplaces. These laws apply to smoking through water pipes, whether or not the shisha product contains tobacco.

The council continues to work with police and other agencies to ensure shisha bars comply with the law.

Cllr Ohid Ahmed, cabinet member for community safety, said: "It is important that we work together to ensure all businesses within Tower Hamlets operate within the law.

"It is good to see that our systems to police these offences are working effectively."

If you have any issues concerning smoking within an enclosed space or would like further information on the smoke-free laws, call environmental health on 7364 5008 or email healthandsafety@towerhamlets.gov.uk

One last step for Stairway

Continued from page 1

One of the donations came from Len Goodman, lead judge on television celebrity dance show Strictly Come Dancing, who sponsored a conical in memory of his uncle Richard Coleman.

Otherwise known as Dick Corbett, British boxing champion Richard died in the disaster, at the age of 34.

"Mr Goodman's family lived just a short distance from the station at the time of the disaster," Mrs Scotting said.

"And Richard died leaving a wife and children.

"Len mentions his uncle in his autobiography and his family were obviously devastated by his death."

Other sponsors include The Hare pub, Bethnal Green; The Boudoir in Docklands; Toby Goodger, in memory of George Lewis, aged nine; Karen Goodger; PIP Electronics; the writer Kate Thompson in memory of her namesake; playwright Bernie C Byrnes; and the Rinkoff Family Bakery, Whitechapel, in memory of Jeffrey Myers, who was six when he died in the tragedy.

If you can help the trust or support the memorial appeal, visit www.stairwaytoheavenmemorial.org

STAFF and children at Bangabandhu School in Bethnal Green released blue and white balloons into the sky to mark UNICEF's 25th Day for Change.

The day aimed to encourage people around the world to think about protecting children caught in emergencies.

As part of the day on Friday, February 6, staff and pupils wore blue and white and raised money for vulnerable children.

Pupils designed posters for a competition promoting the right of children to learn, be safe, healthy and have a family life. The winners wrote a message about protecting children's rights, to attach to the balloons.

Head teacher Susan Tring said the school raised £232.



Pupils release their balloons in support of Day For Change

Election Court hearing continues

THE Election Court being held to investigate allegations against Mayor Lutfur Rahman has continued to hear evidence supporting the petition.

Danny Hassell, a Labour candidate in Bromley South, said campaigners for Tower Hamlets First stood in "large numbers" outside a polling station on election day in May 2014.

He told Election Commissioner Richard Mawrey that he had to escort one voter to a polling station to "enable him" to feel safe enough to vote.

Former international polling station supervisor Meredoc McMinn told the High Court

hearing that he saw a man and a woman standing together in a voting booth, where the man appeared to be speaking to the woman "regarding completing the ballot paper".

"Voting booths were in full view of the polling station managers' table and they did not intervene," said Mr McMinn in a statement read to the court.

Four voters have accused Mayor Lutfur Rahman of electoral fraud. They want Mr Mawrey – a senior lawyer sitting as a judge – to declare the result of the May 2014 election void and order a re-run.

The group is headed by Andy Erlam, who stood as a Tower

Hamlets councillor on an anti-corruption ticket.

Mr Erlam, giving evidence on Wednesday, February 11, said his "guesstimate" was that between 10,000 and 15,000 votes in the combined 2014 local council and mayor elections in Tower Hamlets had been forged or affected by intimidation.

Mr Erlam alleged that there were witnesses with "important evidence" who were frightened of coming forward.

It emerged that another of the petitioners, businessman Azmal Hussain, owes £4 million in tax in Sweden.

The court heard that Mr Hussain had moved to England

around 15 years ago to avoid paying the bill.

"Ten years ago the Swedish authorities regarded you as being one of the largest tax avoiders in Sweden," Duncan Penny, QC for Mr Rahman, said to Mr Hussain. "Did you pay the Swedes their £4 million?"

Mr Hussain replied: "No... If I move to London I will be exempt. So why not?"

Mr Rahman says there is "little if any" evidence of wrongdoing against him. His lawyers have described the group's claims as invention, exaggeration and "in some cases downright deliberately false allegations".

The hearing continues.

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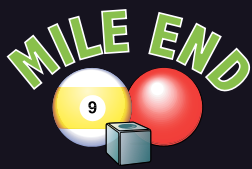
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News

Meeting on over-50 care

RESIDENTS over the age of 50 are invited to a meeting to discuss health and social care and other issues that may affect them.

The meeting of the Tower Hamlets Older People's Reference Group will take place on Monday, March 2, at 2pm at The Brady Centre, 192-196 Hanbury Street, Whitechapel.

Age UK East London has invited a representative from East London Foundation Trust to the meeting, to speak about proposed changes to in-patient beds for older people at Mile End Hospital. A speaker from mental health organisation Mind will be giving out information about services in the borough.

For details call Diane Hackney on 8981 7124 or email Diane.Hackney@ageukeastlondon.org.uk

POLICE officers paid a special visit to the Tower of London on Friday, February 6, to return £350 stolen from the Historic Royal Palace. The money, which had been donated to the Royal British Legion by tourists who threw coins into the moat, was taken on Saturday, January 31.

Staff and members of the public saw four men picking the coins out of the moat in front of Traitors' Gate.

A member of the public shouted at the men and they attempted to run away.

All four were detained by Tower of London staff and army personnel.

Police officers attended and the men were taken to a local police station where they were charged on February 1, with theft. The men – Ieronim Cancel, 24, Albert Pruteanu, 19, Istoc



Ionut, 22, and Tarciziu Cancel, 22 – all of no fixed address – pleaded guilty the following day at Thames Magistrates' Court. On February 3, they were each given a six-month conditional discharge and

ordered to pay victim surcharges of £16. Police officers from Tower Hamlets returned the money to a Yeoman Warder, more commonly known as a Beefeater, at the Tower. PC Lee Juniper, from

Limehouse Police Station, said: "It was a privilege to return the money to the Royal British Legion. "The officers who assisted in the arrest of the men were new recruits, on their first day out in Tower Hamlets."

Big issues up for debate

SPEAKERS ranging from a scientist to a super-model will join debates as part of a dozen events taking place during lunchtimes and evenings this month.

The Canary Wharf Festival of Thought, running from February 23-27, is an opportunity to explore questions on topics such as suffering, the nature of truth, and whether science and faith are compatible.

Designed for those of all beliefs and none, the festival aims to bring meaningful discussion and answers to some of the many questions that people are asking.

Advance registration is required for some events.

Visit <http://festivalofthought.buzz> for further information.

Mum's the hero after flat blaze

BY JESSICA ODUBAYO

FIREFIGHTERS have praised a quick-thinking mum who led her children to safety when a fire started in the kitchen of their flat in the early hours of the morning.

Mother-of-two Sabira Ahmed told East End Life that she turned on her washing machine after she had put her eight-year-old son and ten-month-old daughter to bed.

"I closed my kitchen door and went to bed just after midnight," Sabira said.

At about 2.15am, Sabira was woken up by the sound of her smoke alarm ringing. She also smelt smoke.

"I jumped up frantically and went to check the front door and my son's bedroom.

"As I went near the kitchen, all I could see was grey smoke – I could barely breathe.



The washing machine which started the fire

"I turned the mains switch off and dialled 999.

"I took my son up to my room, opened the windows and waited for the brigade to arrive."

Crews from Whitechapel, Dowgate and Bethnal Green fire stations attended the fire at the flat in Swedenborg Gardens, Shadwell on Friday, February 6.

Firefighters told Sabira that she was lucky to have a smoke alarm that was working.

Whitechapel Watch manger Chris Jones, who was at the scene, said: "Sabira did everything right – from having a working smoke alarm that sounded and alerted her to the fire, to closing the kitchen door and taking her family to an area of the flat unaffected by smoke after calling the brigade.

"It shows the importance of having a working smoke alarm – they can buy you vital seconds to escape in the event of a fire.

"We recommend having one on every level of your home and testing it regularly."

The fire is believed to have been caused by an electrical fault in the washing machine.

"I am so relieved that none of my family came to any harm. I will take the brigade's advice about not leaving appliances on at night," Sabira said.

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JILL MCGINLEY, BELOW

The changing face of parenting

“I grew up in the 1950s when corporal punishment was normal. My dad used to just give me a slap and lose his temper with me. Parenting has changed.”

FRANK HERHOLDT, BELOW

News

The council’s parent and family support service has worked with hundreds of families through a variety of parenting programmes and courses, as **Jacqueline Harthill** discovered. Photos by **Kois Miah**.

LAST year, Tower Hamlets’ parent and family support service delivered around 80 parenting programmes in the borough in partnership with schools, voluntary organisations and other statutory services.

Frank Herholdt (right) says attending a parenting course has made him a better dad

More than 600 parents have graduated from programmes, which include Strengthening Families, Strengthening Communities, Triple P, Mellow Parenting, Speakeasy, Emotional First Aid (EFA) and others designed to meet individual parent and family needs.

Programmes are delivered in many formats to reflect the changing needs of families and include one-off workshops and longer courses of eight or 13 weeks.

Jill McGinley, head of parent and family support, said: “Parenting programmes provide a valuable opportunity for parents to come together to share their parenting experiences and to learn skills to help them deal with challenging behaviour, as well as acknowledge and celebrate how hard being a parent can be sometimes.

“Week by week, parents grow in confidence and develop a greater understanding of their child’s needs and development.

“We are very lucky in Tower Hamlets to be able to respond to the needs of schools, parents and carers by offering programmes in schools and children’s centres across the borough.”

Frank Herholdt attended a Strengthening Families, Strengthening Communities (SFSC) course aimed at fathers at Columbia Primary School.

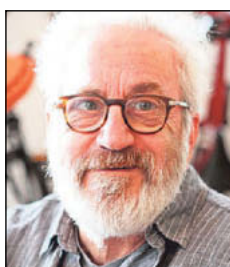
“The course was a real eye-opener for me,” he said.

“I started a family late in life. I had my first child when I was 60. It was a shock to the system. My children are now five and eight. I grew up in the 1950s when corporal punishment was normal. My dad used to just give me a slap and lose his temper with me. Parenting has changed.”

Frank is a photographer and has travelled the world. He says that he wasn’t really prepared to have children and believes that he probably shouted at his children more than was necessary before he took part in the Dads’ Programme.

“One of the things that never left me from the course is that you are always giving your kids orders.

“You spend your whole time saying don’t do this, pick that up, look to your left – if you’re walking down the street, for



“I enjoyed being a parent much more by learning just a few simple things”

The council’s parent and family support team



instance, you’re giving them orders all the time. Even though you’re trying to protect them, you’re actually giving them orders.

“You never get round to having a conver-

sation with them. This really stuck with me and I started to suddenly stop and go, okay let’s talk about whatever it is, as long as we were having a conversation and

not a situation where I was telling them what to do.

“Another thing I learned was about taking the boys out on their own and letting them do what they would like to do. Like go down to see HMS Belfast or something like that. It would be their choice.

“I found that I enjoyed being a parent much more by learning just a few simple things.”

Frank started the course after meeting Andy Simons, a parenting practitioner at his children’s school.

He decided to take part because he felt he was struggling as a parent. “Every parent struggles. You constantly think you can handle situations better,” Frank added.

“It was interesting to see that everybody has their challenges and you can see how bad parenting impacts on children. I think this particular course is a good thing and more parents should do it. It was really worthwhile.”

For more information on parenting programmes, call the service on 7364 6398 or email parenting@towerhamlets.gov.uk

Leading the way in HIV treatment

In 2016, Mildmay will mark 150 years of providing care in east London. In 1988, the charity responded to the escalating HIV/AIDS crisis and became the first HIV hospice in Europe.

Transforming lives

Mildmay offers comprehensive treatment and care for people with HIV-associated brain impairment.

WWW.MILDMAY.ORG

News

Thriller killers at the Cell

KILLER diseases and an interactive show about the heart are features of family events taking place at the Centre of the Cell, Queen Mary University of London's science education pod in Whitechapel, this half-term.

On Monday 16, Wednesday 18 and Friday, February 20, families can uncover 100 years of miraculous medical history in the East End with the display Sores, Spores and Sickly Bugs.

Discover just how dangerous surgery was in 1915 and find out about the deadly diseases that stalked Edwardian Whitechapel.

On Tuesday 17 and Thursday, February 19, In a Heartbeat looks at the human heart – what it does, how it works and how it manages to push so much blood around your body.

For a full schedule of events visit www.centreofthecell.org or call 7882 2562.

■ See page 10 for a full list of half-term events.



News in brief

IT jobs workshop

RESIDENTS are being given a chance to explore employment opportunities working with computers by signing up to a free workshop in the borough.

Creative Excel is a series of free labs designed to provide a fun, hands-on, introduction to data analysis and programming using Microsoft Excel.

Participants will leave the workshops with the confidence to approach challenging problems and a better CV to show to prospective employers.

Workshops will take place on February 16 and 23 and March 2 from 6-9pm at John Scurr Community Centre, 1a Bekesbourne Street, Limehouse.

For details or to register your attendance, visit creativeexcel.tumblr.com or facebook.com/creativeexcellondon, or email theuglynephew@gmail.com

Police target prostitution

BY STEFAN SWIFT

NINE people were arrested during a clampdown on prostitution by the Tower Hamlets police vice team last weekend.

The special operation, on February 6-7, saw plain clothes police officers make arrests for a range of offences, including the soliciting of sexual services, money laundering and supplying drugs.

The arrests were made around the Chester Street area of

Bethnal Green. Numerous warnings were also given to persons thought to be in the area for unlawful purposes and some vehicle registration numbers were noted by officers on the scene.

The vice team was established in 2012 and is funded by the council. It was established to crack down on the sex trade in the borough.

The team is manned by Sergeant Deal, who oversees three constables based at Bethnal Green police station.

Mayor Lutfur Rahman said:

"Operations like this one are important at preventing illegal activity taking place.

"We established the Police Partnership Taskforce to ensure that the borough remains a safe place to live, work or visit."

Sgt Deal said: "We are committed to tackling the issue of prostitution around the Chester Street area. We shall pursue males who continue to frequent these areas and – if you come to Tower Hamlets to visit street sex workers – we shall be seeing you soon, in police custody."

If you have information or concerns about crime in your area contact police on the non-emergency number 101.

In an emergency call 999.

Alternatively, call Crime-stoppers anonymously on 0800 555 111.



ACCLAIMED actress and activist Vanessa Redgrave met patients, staff and volunteers during a visit to Mildmay, the purpose-built HIV hospital in Bethnal Green. Ms Redgrave joined a healthy eating workshop and toured Mildmay's new facilities. Mildmay moved into its new premises in September last year. The new hospital has increased inpatient beds from 16 to 26 and now has larger, improved day service facilities. (From left) Mildmay's communications manager Juley Ayres, Vanessa Redgrave, fundraising director Kerry Reeves-Kneip and medical director Dr Simon Rackstraw

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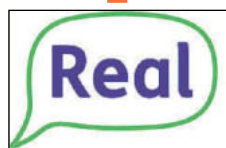
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Real is working on a number of projects aimed at helping disabled people manage their care, including coping after the Independent Living Fund closes, and wants to help you.

Useful information

Take control of your own care

News from disability organisation Real

REAL is working on a number of projects aimed at helping disabled people manage their care and wants to help you.

Real will be working with the council to make the transition as smooth as possible.

If you receive the ILF, call our advice line on 7001 2188.

We want to make sure you all continue to get the care and support you need to live an appropriately decent life.

Training for you and your PA/carer

Real is running a number of free courses in February.

These are designed to support you, as an employer, and your PA to have a better working relationship and gain relevant technical knowledge and skills.

The courses are two hours long, with two sessions on each day. You can get free lunch before or after, and it's a great way to connect with other people in similar situations and share ideas.

We can cover the cost of any additional support costs you have because your PA/carer is on the course (eg additional hours for a different PA/carer).

All courses come with a certificate and are in English – morning sessions have Bengali translation and afternoon sessions have Somali.

- **Feb 18** – infection control
- **Feb 23** – getting the best out of your role as an employer
- **Feb 24** – food safety and hygiene
- **Feb 25** – manual moving.

For more information or to enrol on a courses contact Jacqueline Jones on 7001 2182 or jacqueline.jones@real.org.uk

Coping after the Independent Living Fund closes

The ILF is a national fund that gives people with extra support needs additional money to manage their care.

If you are in receipt of it, you should also have received notification from the ILF itself that it will be closing on June 30.

Personal health budgets

The rules on who can get an individualised personal health budget, similar to direct payments in social care, are going to change from April 2015.

Real is working with the local Clinical Commissioning Group to help it introduce this new option.

We will give you more information in a future edition of East End Life.

If you want more information call our Independent Living Advice Line on 7001 2188.

Conference on independent living issues

We will be organising an annual conference in April on all of these issues.

It will also be our AGM (where only Real members can vote). In the meantime you can keep an eye on our website or contact us using one of the methods below.

Contacting Real

- Call Real Answers on 7001 2177
- Visit www.real.org.uk
- Like and talk to us at www.facebook.com/RealDPO
- Follow us on Twitter @RealDPO
- Find out about becoming a member of Real at www.real.org.uk/members
- Find out about volunteering at Real at www.real.org.uk/volunteer
- Keep an eye out for information and other news at www.real.org.uk/news

By Mike Smith
Real chief executive

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.
Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.
Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.
Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.
Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannafor Walk: 8am-8pm, seven days a week, including bank holidays.
Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.
Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. fis@towerhamlets.gov.uk 7364 6495

Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. Robinson Centre, Mile End Hospital, Bancroft Road, E1. 8121 5626

Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

Parents Advice Centre (PAC)

Offers advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues & Fri, 9.30am-3.30pm. 364 6489

LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 www.toynbeehall.org.uk

Free Advice

Benefits, housing, immigration.

Bengali speakers, home visits to house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14. 7987 9379

Skillsmatch

Free advice on all aspects of employment including training, apprenticeships and job vacancies. Canary Wharf Recruitment & Training Centre, 55 Upper Bank Street, E14. 7364 3727 or email skillsmatch@towerhamlets.gov.uk

Tower Hamlets National Childbirth Trust

Offers support, information and friendship to parents and parents-to-be. Regular events. 07976 710964 or towerhamletsnct@yahoo.com www.nct.org.uk

Breastfeeding Support Centres

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

Careers advice

Tower Hamlets Careers Service

Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available. Careers Centre, 35 Bow Road, E3. 7364 1401

TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

Careers advice

Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343



Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

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Church links with sea legends

Established in 1656, St Paul's Shadwell has a significant history as the Church of Sea Captains. Famous former worshippers include Captain Cook, Thomas Jefferson's mother and John Wesley.

SEE BELOW

A 50-year celebration

Spitalfields Crypt Trust is celebrating 50 years of serving homeless people and recovering addicts.

WWW.SCT.ORG.UK

News

Be generous but be wary as well

BY SUSAN MULLIGAN

A CAMPAIGN has been launched to help ensure money given to charity does not end up in the hands of criminals.

The annual Safer Giving campaign, supported by the council, aims to ensure that residents can donate to legitimate charities and those who need it most with confidence.

It offers tips for people to consider before they donate to organisations.

■ Genuine fund-raising materials should feature the charity's name, registered name and a landline contact number. Be wary of those that list only a mobile number.

■ Before making a donation or

accepting a collection tin, check the charity's name and registration number on the online Register of Charities at www.charitycommission.gov.uk (click on 'Find charities').

■ Look for the Fundraising Standards Board (FRSB) tick logo indicating that the charity is signed up to fundraising regulations, encouraging people to give with confidence – www.frsb.org.uk

■ Genuine charity collectors should be wearing an ID badge, be able to produce a valid local authority or police licence, have a sealed collection container and be able to prove they have the charity's permission to collect.

■ If in doubt, ask the collector for more information – a

genuine fundraiser will always be happy to answer questions and explain more about the work of the charity.

■ If you have concerns about the legitimacy of a request for donations, don't hesitate to contact that charity directly. Be wary of any appeals with no contact details.

Cllr Ohid Ahmed, cabinet member for community safety, said: "The Safer Giving campaign helps ensure that people's good intentions translate into real benefits for those who need it most. I am proud to support this campaign."

If you are concerned that you may have been targeted by a fundraising scam, contact Action Fraud on 0300 123 2040 or visit www.actionfraud.police.uk



Volunteer hairdresser James Wilson giving one of the customers a free haircut

MORE than 100 homeless and vulnerable people received a health check, free winter clothes and a haircut when Spitalfields Crypt Trust charity held a health open day on February 5. The charity, which runs support programmes for recovering alcoholics, drug addicts and homeless people, provided tests for TB, blood pressure issues, heart problems and stroke risk as well as dental check-ups. Free condoms, sleeping bags, clothes and toiletries were also given out. Volunteer hairdresser James Wilson said: "The sense of community between everyone was inspiring. "Thank you to Spitalfields Crypt Trust for letting me be a part of today." The trust also runs a weekly drop-in offering food and advice for homeless guests.

Celebrating church revival

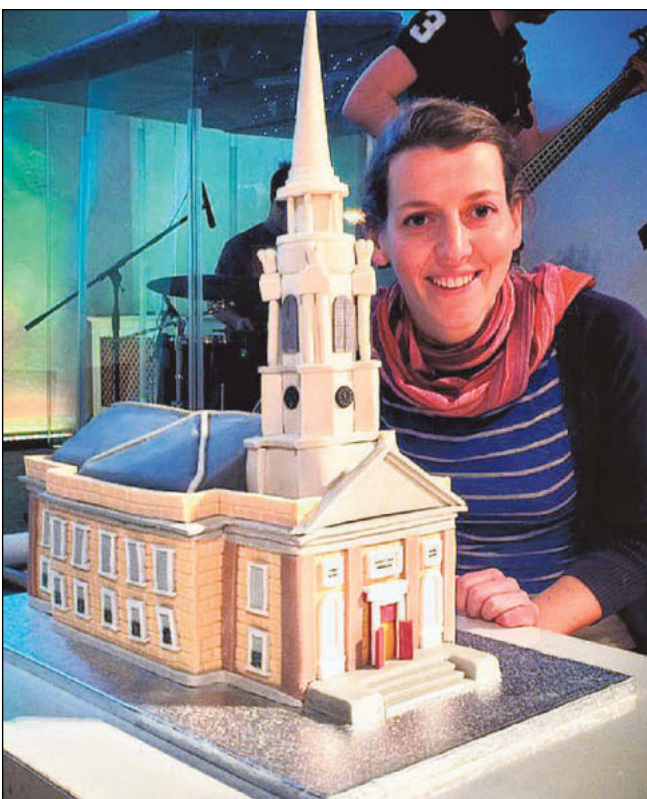
A CHURCH congregation held a weekend of celebrations featuring games, meals, music and the cutting of a birthday cake to mark the tenth anniversary of its revival.

Established in 1656, St Paul's Shadwell has a significant history as the Church of Sea Captains. Its famous former worshippers include Captain Cook, Thomas Jefferson's mother and John Wesley.

However, ten years ago, St Paul's congregation had dwindled and it wasn't financially sustainable.

Thanks to the determination of church wardens, the Bishop of London and vicar Reverend Ric Thorpe, the church now holds three Sunday services.

It runs free debt advice, parent and baby groups, activities for children and young people, coffee mornings, marriage and parenting courses and is a member of The East London Communities Organisation.



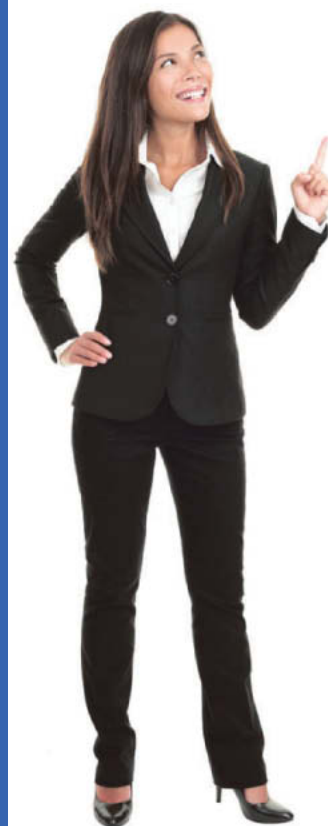
Churchgoer Nita with a cake modelled on St Paul's church

More than 350 people went to the anniversary celebration at the end of January.

Rev Thorpe said: "We love Shadwell and, as a church, we've only just got started."

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Here's a great Idea...

There's SpongeBob, Chinese New Year mask-making, Wind in the Willows and more at the borough's Idea Stores.

VISIT WWW.TOWERHAMLETS.GOV.UK



Art exhibition and trail at Half Moon

Exhibition Figures, Creatures and Tea at the Gallery @ Half Moon offers a bright collection of paintings and prints of animals, including a giraffe, chickens, kittens, horses, cows and a whale.

CALL 7709 8900 OR VISIT WWW.HALFMOON.ORG.UK

Half-term out & about

Hurrah for half-term!

BY SHALINA HUSSAIN

KEEP the kids entertained and boredom at bay with a raft of free activities and events taking place in the borough over half-term.

■ **Get Your Skates On** promises to be an exciting day out for the whole family to enjoy at Bethnal Green Gardens on **Wednesday, February 18**.

The event will feature a synthetic ice-skating rink and free activities including a climbing wall, tennis, athletics, basketball, football, storytelling, face painting, art and crafts, a bouncy castle, coconut shy and new age curling.

Aimed at all ages, there is no need to pre-book – just turn up and enjoy. Activities start at 10am and run until 4pm. To find out more call 7364 2433.

■ Over at the Idea Stores and libraries highlights include a **performance of Wind in the Willows** by Open Book Theatre Company on **Monday, February 16** at Idea Store Canary Wharf at 2.30pm; **Tuesday, February 17** at Idea Store Bow at 11am; and **Tuesday, February 17** at Idea Store Watney Market at 3.30pm.

■ Celebrate **Chinese New Year** at Idea Store Canary Wharf on **Sunday, February 19** as part of **Sunday art club** at 2.15pm, and create masks at Cubitt Town Library on **Friday, February 20** at 2.30pm.

■ **SpongeBob Square Pants** is the theme for daily half-term activities at Idea Store Watney Market, including face painting, quizzes and puppet making.

■ There's lots of fun to be had at the **Game Zone** at Idea Store Whitechapel on **Monday, February 16** and **Wednesday, February 18** from 2pm-4pm.

For the full programme at Idea Stores and libraries visit www.towerhamlets.gov.uk



HALF Moon presents a programme by two of England's leading puppet theatre companies alongside a family friendly exhibition and free gallery trail. The classic story of the Pied Piper (pictured above) is brought to life on **Saturday, February 14** with a mix of puppetry, foot-tapping music and storytelling for audiences young and old alike. Then on **Saturday, February 21**, Eileen Browne's popular book **Handa's Surprise** blends physical performance, puppetry, live music and song. Colourful exhibition **Figures, Creatures and Tea** by Julia de Greff offers a bright collection of paintings and prints of animals. To accompany the exhibition there is a gallery trail for children.

The **Pied Piper** shows run at 11am and 2pm. **Handa's Surprise** can be seen at 11am, 1pm and 3pm. Tickets cost £6 – call 7709 8900 or visit www.halfmoon.org.uk

■ Budding footballers can show off their soccer skills at a **7-a-side football tournament** on **Tuesday, February 17** for 16- to 18-year-olds and on **Wednesday, February 18** for 13- to 15-year-olds at Stepney Green 3G Astro Turf Pitch.

Call Victor on 07500 001 002 or email victor@activecommunities.org.uk

■ Mile End Park's Children's Play Park in Locksley Street is hosting a week of activities including **pancake making** on **Tuesday, February 17** from 1-3pm, **kite making** on **Thursday, February 19** from 12noon-4pm and **T-shirt making** from 12noon-4pm. To book call 7093 2253.

■ Bartlett Park Adventure Playground, in Upper North Street and Whitehorse Adventure Playground in Whitehorse Road are both open access **play spaces** for children up to 15 years old

(under-8s must be accompanied by an adult).

On **February 16, 17, 19 & 20** there are **sports activities** at both parks from 10am-12noon and **woodwork and baking** from 12noon-4pm.

On **Friday, February 20** there will be **creative play with hama beads** from 10am-12noon and **baking** from 12noon-4pm.

Call 7905 984 or email yonas.eshetu@towerhamlets.gov.uk

■ At Victoria Park, young people can learn to **build a bird box** on **Thursday, February 19** and on **Friday, February 20** take part in **wildlife arts and crafts**.

Meet at the Hub Building for both events from 10am-12.30pm.

To book call 7364 4504/5393 or email joelle.copeland@towerhamlets.gov.uk or samantha.brewster@towerhamlets.gov.uk

■ Mile End Art Pavilion is hosting a free children's workshop

on **Tuesday, February 17** from 1-3pm, entitled **Mischief-Makers and Furry Dogs**. You can make your own paper mache 3D creature. For children aged 5 plus.

This is part of a series of activities and events to accompany a group art exhibition called **Misbehaviour** running from **February 13-22**.

Visit www.artcatcher.co.uk

■ Young people have the chance to take part in an **animation workshop** and recreate the story of Indian soldiers' involvement in World War I using stop-motion animation at the Brady Arts Centre in Hanbury Street.

The workshops will take place on **February 18, 19 and 20** from 12noon-5pm.

If you are aged 13-19, and live or study in Tower Hamlets and would like to take part call 7364 7911 or email geraldine.bone@towerhamlets.gov.uk

Whitechapel Gallery

Family Day: Abstract Art

Create abstract costumes, hats and jewellery and make mini sculptures.

Free. Sat, Feb 14, 12-4pm.

Whitechapel Gallery, 77-82 Whitechapel High Street, E1. 7522 7888

whitechapelgallery.org

Geffrye Museum

London Children's Book Swap

Swap your old books for new favourites and make a bookmark. Ages 0-11.

Sat, Feb 14, 1-4pm.

Awesome Ornaments

Create crazy clay containers, brill bags, fab photo frames and more. Ages 2-16 (under-11s must be accompanied by an adult).

Free, first come, first served, arrive 30 minutes before start. Tues, Feb 17-Fri, Feb 20.

10.30am-12.30pm, 2-4pm.

Geffrye Museum, 136 Kingsland Road, E2.

7749 6026

www.geffrye-museum.org.uk

Museum of London Docklands

Create and investigate

Design and create a kit to investigate the world around you. Ages 5+. Free.

Mon, Feb 16 & Fri, Feb 20.

11am-12.30pm & 2-3.30pm.

Mini Explorers

Become adventurers and travel around the world. For under-5s and their parents and carers.

Free. Mon, Feb 16. 11-11.45am, 12-12.45pm & 2-2.45pm.

Explore-a-tron

Create a spinning pop-up challenge wheel to take with you on your visit around the galleries. Ages 5+. Free.

Sat, Feb 14 & Tues, Feb 17. 11am-12.30pm & 2-3.30pm.

Exploring the depths

Find out about the history of exploring underwater. Then learn basic clay techniques to create your own replicas inspired by the museum's collection. For children aged 10+. Free.

Weds, Feb 18, 11-11.45am & 1-1.45pm.

The mystery in the docks

Children exploring near the docks think they have discovered a mystery beast. Storytelling for ages 5+. Free. Sun, Feb 15, 11-11.30am, 12-12.30pm & 1.30-2pm

The Snail and the Whale

Interactive journey through Julia Donaldson's classic book. Free. Tues, Feb 17. 2-2.30pm & 3-3.30pm.

World food explorer

Recreate your favourite foods from around the world at this art drop-in. For ages 5+. Free. Weds, Feb 18 Sat, Feb 21. 11am-12.30pm & 2-3.30pm.

Chinese New Year

Celebrate the Year of the Lamb with fun, free, family events. Create an art masterpiece, listen to traditional folktales and learn to dance.

Thurs, Feb 19. 10am-4pm.

Chinese dancing workshop

Hear the stories behind some traditional Chinese dances and then learn the moves. Workshop for ages 5+. Free. 1-1.45pm & 3-3.45pm.

Lucky red envelopes

Try your hand at traditional Chinese calligraphy.

Art drop-in for ages 5+. Free. 11am-12.30pm & 2-3.30pm.

Traditional Chinese dancing

Performance for ages 5+. Free. 12-12.15pm.

Traditional Chinese folktales

11-11.30am, 1.30-2pm & 2.30-3pm. Museum of London Docklands, No.1 Warehouse, West India Quay, E14.

7001 9844

www.museumoflondon.org.uk/docklands

The Ragged School Museum

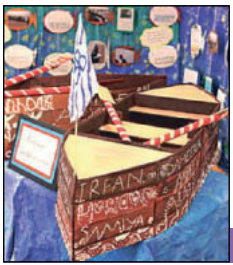
A Tourist's Guide to Victorian London

Travel back in time to 19th century London, where there are no TVs and no Google! How would you spend your time? An assortment of crafty and arty activities. Free. Weds, Feb 18 & Thurs, Feb 19. 10am-5pm.

Ragged School Museum, 46-50 Copperfield Road, E3.

8980 6405

www.raggedschoolmuseum.org.uk



Taking inspiration from the greats

Cayley Primary School in Stepney held an exhibition of paintings inspired by famous artists including Vincent van Gogh, Turner and Claude Monet. Each year group set up their own exhibit.

SEE BELOW

Schools news



VISITORS and parents went to Cayley Primary School in Stepney for an exhibition of paintings inspired by famous artists including Vincent van Gogh, Turner and Claude Monet. The school holds an annual art exhibition and this year pupils took ideas from the National Gallery's Take One Picture display. Each year group set

up its own exhibit, linked to a picture by a different artist. Charlotte Klopper, a teacher at the school told East End Life: "The exhibition looked closely at how various artists ignite our curiosity. "Inspired by the paintings, we explored lines of enquiry, including different water scenes, changing landscapes,

leisure and painting techniques." This year, Cayley also invited Halley Primary School's year three class to take part. "It was a huge success, with fantastic work and effort from Halley staff and children," Ms Klopper added. (Above) Ismail, Nibras and Abedur are pictured with their artwork.

A creative approach

Phoenix is a special school, which admits children with severe language and communication difficulties.

SEE BELOW

On a journey through art



AN arts festival with the theme 'journeys' celebrated a school's approach to creative learning and supporting the curriculum through expressive arts.

Parents, friends and schools across Tower Hamlets were invited to participate in a range of arts activities organised by pupils and staff at Phoenix Primary and Secondary School in Bow.

Phoenix is a special school, which admits children with severe language and communication difficulties related to autism, and the festival focused on raising awareness about young people with autism and creating positive images of their

talents and skills. The festival also explored concepts of global citizenship and rights and responsibilities in the community.

Pupils at Phoenix were particularly excited about welcoming young people and staff from a partner school in the Czech Republic.

Activities included arts and crafts workshops, animation, horticulture, poetry, sensory stories, music, art, dance, drama and a World Shapers Day in association with Oxfam, exploring global issues such as recycling and energy.

Students made postcards to send to the Prime Minister to show their support for children's rights as global citizens.

Four A Level students land Oxbridge places

BY JESSICA ODUBAYO

FOUR sixth formers at Bishop Challoner School in Stepney have been offered places at two of the country's top universities.

Bruno Campos, Nermeen Hilton, Esther Negbenose and Mila Mundrova have all received offers from Oxford and Cambridge colleges.

Congratulating the pupils, head of sixth form Helen Livermore said: "We are confident that our students will do Bishop Challoner proud and congratulate them on this outstanding achievement.

"This news comes after a fifth summer in a row of



(From left) Nermeen Hilton, Esther Negbenose, Mila Mundrova and Bruno Campos are all heading off to university

improved A Level results at Bishop Challoner sixth form and another year where an impressive number of our

students moved on to top universities."

Bruno, who has an offer to read physics at Jesus College,

Cambridge said: "Cambridge has an incredible history of many successful people, in particular physicists. It'll be more than an honour to be able to work where many great minds of the human race have worked and to be able to carry on their work into the future.

"Bishop Challoner was a very key part of this journey, providing us all with incredible teaching and a lot of out-of-lesson support. From funding many university visits to finding competitions and challenges for me to participate in and expand my knowledge, the school has been generous. At all times, it was always ready to help in every way it could."



AN exhibition of drawings and clay sculptures produced by year three pupils at Arnhem Wharf School on the Isle of Dogs has gone on display at Canary Wharf.

Titled *Hear us Roar*, the display (pictured) – which will be on show until March 12 – features dinosaurs, a topic that the year group has been studying this term. Janet Banzaca, curriculum leader for creativity and the arts, said the pupils' designs were inspired by their research in school and by a visit to the Natural History Museum. The youngsters have also created a Tyrannosaurus Rex and a Triceratops for the school garden. The large-scale willow sculptures were made in collaboration with Jane Rogers, a community artist based at Bow Arts.

Supporting research

The British Heart Foundation charity is the largest independent funder of cardiovascular research.

WWW.BHF.ORG.UK



How to cope with crying

Coping with Crying is a pilot programme launched six months ago by the NSPCC. Parents-to-be see a film about caring for a crying baby, with advice from other parents and experts.

SEE BELOW

News

News in brief

Have your say on NHS services

EAST London NHS Foundation Trust, which provides specialist mental health and community care services across Tower Hamlets, is carrying out its annual consultation and holding a public meeting.

The trust wants to hear the views of staff, service users, carers and residents on its services and suggestions on how to improve.

It is also an opportunity for the public to receive updates, pose questions and meet their local representatives.

The consultation will take place on Monday, February 16 from 1.30pm-4pm at Toynbee Hall (Lecture Hall), 28 Commercial Street, Whitechapel.

For more information and to book your place, email membership@eastlondon.nhs.uk including your full name, address and contact number, or call 0800 032 7297.

Alison sings to help church funds

A CONCERT in aid of the refurbishment of St Barnabas Church, Bow, will take place on Saturday, February 28.

The event features vocal teacher and parishioner Alison Wells, alongside younger talents at the start of their careers and some who sing simply because they love it.

Admission is £10 and singing sessions will run from 2pm until 5pm and from 6pm until 9pm, with refreshments available.

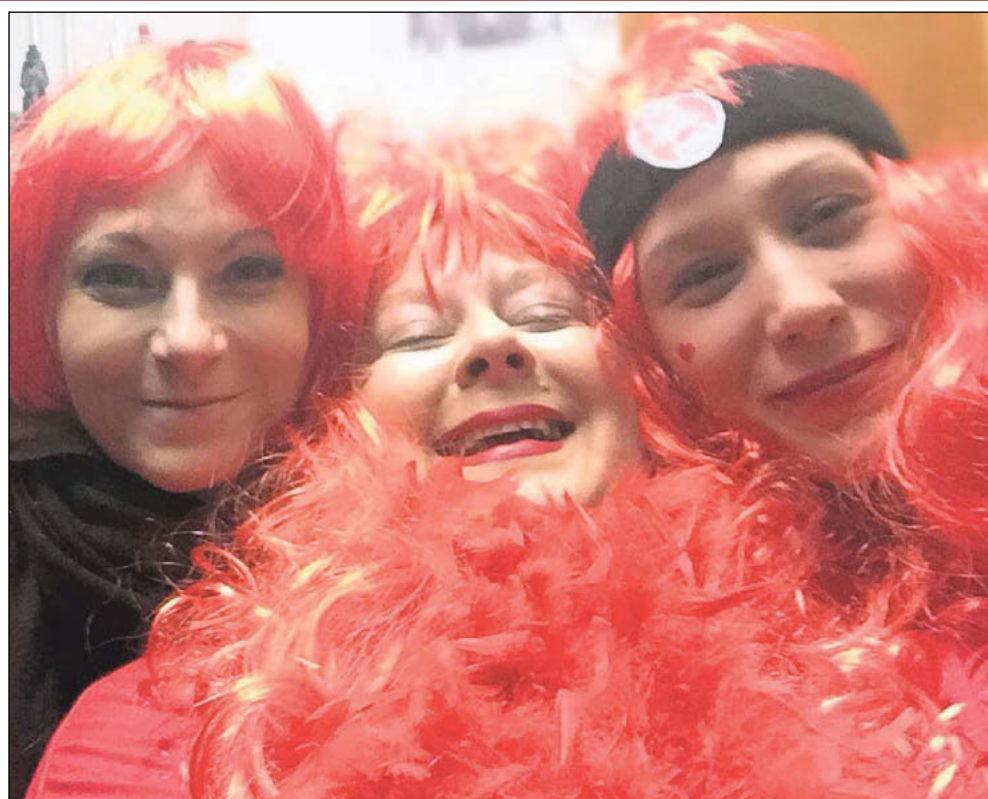
Proceeds will go towards the refurbishment of St Barnabas Church, which needs its wiring replaced and lighting improved.

The church, at the junction of Roman Road and Grove Road, is also in need of complete redecoration, as it was last painted some 30 years ago.

The work will cost an estimated £50,000.

For more information visit www.facebook.com/stbarnabasanglicanchurch or www.stbarnabasbethnalgreen.org

Alternatively you can follow St Barnabas on Twitter @StBarnabasBow



From left: Taz Edwards-White, community engagement service worker, volunteer Jenny Wright and Gemma Pritchard

Best friends are full of heart

TWO friends who both lost parents to heart disease hosted a party and raised £140 for a charity dedicated to tackling the condition.

Gemma Pritchard of Bow and co-worker Jenny Wright, from the Isle of Dogs, held the fundraiser for the British Heart Foundation on February 6 at the Stepney offices of mental health organisation Mind.

The friends also volunteer for Mind in Tower Hamlets – Gemma runs a weekly photography group and Jenny runs a weekly art and crafts group.

They designed and printed posters, bought red clothes,

balloons and official British Heart Foundation cake toppers and got local shops to donate raffle prizes.

Gemma said: “We were pleasantly surprised at the support we received from shop owners.”

Party-goers were asked to wear red and donate to BHF.

The party also featured the sale of cakes, heart shaped biscuits and raffle tickets, and there was music and competitions.

Gemma added: “Volunteers, service users and the staff all really pulled together on the night and it was great to see everyone getting involved and enjoying themselves.”

Don't be afraid of the tears

BY JESSICA ODUBAYO

NEW parents in Tower Hamlets are being given support to help with the stress of a baby crying.

Coping with Crying is a pilot programme that was launched in the borough six months ago by children's charity the NSPCC.

It involves showing parents-to-be a film about caring for a crying baby, with advice from other parents and experts.

More than 450 new parents have received support from the programme.

The NSPCC estimates that around 200 babies a year in the UK suffer from serious head injuries as the result of being shaken, hit or thrown. Evidence shows that crying is often a trigger for this sort of harm.

The film provides tips and advice about soothing a baby and managing stress. It also reveals the dangers of shaking a baby.

Paul Evernden, a musician and composer from Whitechapel, and his partner Angela Najaryan, a violinist, watched the film during their antenatal classes before the birth of their

daughter, Mari-Thalia, at the Royal London Hospital.

Paul said: “The DVD was very effective. There was a good combination of experts and parents in the film and the use of the case study whose partner was convicted for shaking their baby was very powerful.”

“The advice was also very practical and well put together.”

“The main thing that we took away from the film was that when you've tried everything to no avail, you just need to walk away to take stock.

“In those stressful situations when your baby is crying and you can't calm them – those are the situations when it's difficult to think clearly and that's when this advice really helps.”

Pippa Aspin, regional projects co-ordinator at the NSPCC, said the charity was grateful to the midwifery team in Tower Hamlets who have incorporated the film into their antenatal provision.

Dr Somen Banerjee, director of public health at the council, said: “The programme is very helpful for expectant parents,

addressing stressful situations that some parents will no doubt experience.

“The health professionals on site were excellent at opening up discussions afterwards to address any questions or concerns that may have arisen.

“Working closely with our partners across community health settings was key to ensuring so many residents had access to this information.”

For further information and tips on coping with a crying baby, visit www.copingwithcrying.org.uk



Cooking up delicious snacks to sell in local shops

The sweet smell of success

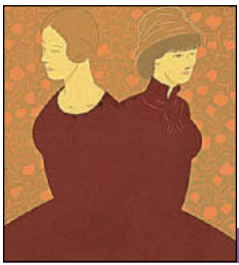
THREE new supported employment projects for young people and adults with learning difficulties and disabilities have been launched in Tower Hamlets.

Vocational training organisation Creating Opportunities for a Real Life Experience (CORE) launched a floristry project which produces bouquets and scented soaps; a gardening scheme which commissions

trainees to work in local gardens and make craft items such as bird feeders and boxes; and a bakery which produces cakes and savoury snacks to sell.

Dawud Marsh, Core project co-ordinator, urged residents and local businesses to support the enterprises by purchasing the products.

For further information visit www.facebook.com/COREProjects or email dawud.marsh@core-projects.org.uk



The Match Girl and the Heiress

Muriel Lester turned her back on family wealth and created Kingsley Hall in Bow. It welcomed everyone, regardless of class, gender or race, and offered a nursery, clubs and hot lunches.

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

WWW.EASTLONDONHISTORY.COM

History

BY JOHN RENNIE

GANDHI, Eleanor Roosevelt, Charlie Chaplin, Sybil Thorndike, John Galsworthy, George Lansbury – the list of names of the great and the good pressed into service by Muriel Lester in the cause of Bromley-by-Bow's Kingsley Hall goes on and on.

Yet perhaps the most pivotal figure, alongside the redoubtable Muriel and her sister Doris, is practically invisible.

Nellie Dowell survives only through a handful of letters painstakingly preserved by her 'loving mate' Muriel.

But now the sketchy biographical details of her life have been painstakingly pieced together by American academic Seth Koven in his new book, *The Match Girl and the Heiress*. The story of how two women, from opposite social poles, came together to try to change the world, is remarkable reading.

Muriel and Doris Lester were the daughters of a wealthy Baptist family. Their father, Henry, had been born in Limehouse, the son of a shipbuilder.

Henry, over the course of his 92 years, three marriages and nine children, worked hard at extending the family fortune, and by the time the last of his many children were born, Muriel in 1883, Doris in 1887 and Kingsley in 1888, the family was settled in upper middle class comfort in Leytonstone. The sisters went to public school, played tennis, entertained, hosted garden parties and paid visits to wealthy neighbours.

But along with the Lesters' wealth they bore a powerful social conscience, fired by religious faith. The young Muriel provided a holiday home for East End children at Rose Cottage in Loughton. And by the early years of the 20th century, the two sisters began running a nursery in Bruce Road, Bow.

It was an invaluable resource for mothers who had to go out to work

From middle-class riches to a life devoted to helping others



Above left: the Lester sisters, Muriel and Doris. Above right: watching English novelist and playwright John Galsworthy lay bricks

simply to keep their families fed. Muriel especially was rebelling against a life of inherited wealth, and would eventually go further – rejecting the very idea of money.

Her father supported her, reasoning that he and his wealth had come from the East End. As good Baptists, the family should give something back.

Nellie Dowell's early life couldn't have been more different. Her father, a sailmaker, died at sea. Her mother, who doted on Nellie, could not afford to keep her and the girl was sent to a Poor Law school. Dressed in a rough serge uniform, her hair brutally shorn, at the age of eight family life was over. At 12, her schooling finished and she was sent to work in a Bow match factory. The work was unpleasant and dangerous.

It was here the two met. At 19, Muriel visited the Bow factory girls, and found herself wanting.

But rather than take the classic route for an Edwardian lady of means, disbursing her riches to the poor, she decided to become one of them. She moved into a terraced house in Bow, and from then on the pair were inseparable.

In 1909, Nellie became ill with rheumatic fever, treated with morphine and then – when the disoriented patient began arguing with her nurses – was moved to the pauper lunatic ward.

She would never work in the factory again. On release, the severely weakened Nellie began working with Muriel and together they established Kingsley Hall, named for the sisters' younger brother who had worked with them in the East End, but died in 1914. Kingsley had bequeathed his



money for work in Bow towards 'educational, social and recreational' purposes, and the sisters put it to good use, buying an old 'hellfire' chapel. Within its walls they would attempt to build a 'New Jerusalem'.

It's difficult to imagine just how strange the new institution must have appeared to the East Enders who lived round about.

The 'People's House' had a Montessori nursery, women's clubs, lunches for the factory women, and it welcomed everyone, regardless of class, gender or race.

Rich and poor lived together, sharing rooms and what money they had, and the doors were always open. Lester believed that every action, and every interaction, could challenge 'the micro workings of power in daily life'.

And how micro. Muriel dictated detailed guidelines to the residents – on polishing furniture, cleaning toothpaste from sinks, replacing the lids on jars, avoiding gossip. There were also instructions on how people should talk and react to one another. In the egalitarian New Jerusalem, the irony was that one person seemed to be making the rules. In her novel *Mrs Dalloway*, Virginia Woolf brutally caricatures Muriel as the self-righteous lesbian bore, Miss Kilman.

Muriel and Nellie shine through the pages of *The Match Girl*... as having a deep and loving bond, speaking admiringly of each other, Nellie tenderly brushing Muriel's hair, the pair often sharing a bed. Muriel wrote of Nellie as 'invaluable' and how the founding and running of the hall relied on her practical common sense, intelligence and hard work.

Yet to the former match girl her friend was always 'Miss Lester'. It was the age of the 'new theology', Victorian certainties being cast aside for a dazzling buffet of Buddhism, feminism, sexual experimentation, spiritualism, yoga, theosophy and vegetarianism.

Rooms and beds were shared at Kingsley Hall, so were 'Miss Kilman' and the match girl lovers? Koven thinks not, though from a distance of a century the evidence of Nellie's character is tantalisingly slight.

She died in 1923, aged 47, and Muriel wrote a biographical sketch of her friend, based on Nellie's own accounts of life. And there were 11 letters from Nellie to Muriel, tied together and labelled 'Nell' and found after Lester's death. They are poorly punctuated, with shaky grammar, yet burn with life and liveliness, talking about the work of Kingsley Hall and evidencing a friendly bond between the two.

Yet after Muriel's brief sketch... silence. In Muriel's autobiography there is just a one-line mention of Nellie. Her name is absent, and she is referred to as 'our ex factory girl helper'. The unshakeable arrogance of her class? Or perhaps simply typically Muriel – an exhaustingly energetic and exacting zealot, more interested in her New Jerusalem than in individuals.

Former Kingsley Hall dwellers recalled that while they loved sister Doris, they 'admired' Muriel. Nellie disappeared, but the work of Kingsley Hall would go on.

■ *The Match Girl and the Heiress* by Seth Koven is published by Princeton Press, £19.96. Read about the history and present work of Kingsley Hall at khccc.com



The front of Kingsley Hall

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

Tuesday, February 17

6.30pm: Licensing sub-committee

The meeting will consider applications for new premises licences for The Horn of Plenty, 36 Globe Road, Stepney, E1 and Batty Langley's, 12-14 Folgate Street, Spitalfields, E1.

For further information call Simmi Yesmin on 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

Thursday, February 19

7pm: Strategic development committee

For further information call Zoe Folley on 7364 4877 or email zoe.folley@towerhamlets.gov.uk

Tuesday, February 24

2pm: Extraordinary licensing sub-committee

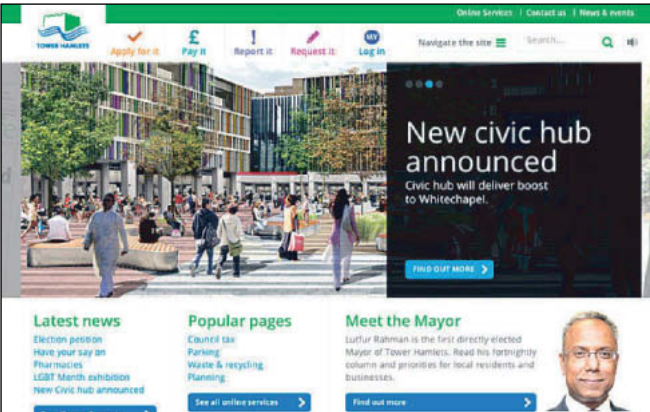
For further information call Simmi Yesmin on 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

Wednesday, February 25

7.30pm: Council

For details call John S Williams on 7364 4204, or email johns.williams@towerhamlets.gov.uk

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.



Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections



Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

- E1**
60-62 Cleveland Way – change of use from retail to hot food take-away.
Cycle docking station and terminal on footway adjacent to Stepney Green station, 171 Mile End Road – relocation of a Barclays cycle hire docking station, containing a maximum of 21 docking points for scheme cycles plus a terminal on the footway adjacent to Stepney Green station, in association with the Cycle Superhighway 2 upgrade works commencing early 2015.
191 Mile End Road – second- and third-floor extension to provide 2 x one-bed and 2 x two-bed flats.

108 Whitechapel Road – installation of an ATM through existing glazed shop front. Installation of an ATM with internally illuminated screen and surround.

E2
8 Sewardstone Road – conversion of existing basement into 1-bed flat with ancillary works to create front entrance from Sewardstone Road.

E14
Leamouth Peninsula North, Orchard Place – submission of details pursuant to water efficiency condition of planning permission dated 19/12/2014 ref: PA/14/01655.

Drug treatment providers

Community Drug Team
Substitute prescribing, key working, health screening & referral to residential treatment.
71 Johnson Street, E1.
7790 1344
www.lifeline.org.uk

Nafas
Support with a focus on Bangladeshi community.
The Davenant Centre,
179-181 Whitechapel Road, E1
7377 0676.

Harbour Recovery Centre
In-patient detox for 18+ males.
Riverside House, 4th Floor,
20 Garford Street, E14.
7538 9421

Young People's Service
Treatment for under-19s
Unit 26, Skyline Village,
Limeharbour, E14.
3069 7878
www.lifeline.org.uk

Isis
For women aged over 18
c/o Hopetown Hostel,
60 Old Montague Street, E1.
7426 0399
www.compass-uk.org

Community Alcohol Team
Unit 22, Skylines Village
Limeharbour, E14.
0800 008 7200
www.rapt.org.uk

Somali Substance Misuse
Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi.
Mind in Tower Hamlets & Newham, Open House
13 Whitethorn Street, E3.
7510 1081

Residents' views sought

BY ANNA WILSON

RESIDENTS are being asked for their views about the future of pharmacy services in the borough.

A consultation document on the future of pharmacy services has been developed to assess the needs for services in Tower Hamlets.

The Pharmaceutical Needs Assessment (PNA) has been put together by the public health team in the council

with input from representatives of Healthwatch (the consumer champion for health care), pharmacists, GPs, the voluntary sector and NHS commissioners.

The findings will be used by NHS England to plan the development of services locally. The survey can be found at www.towerhamlets.gov.uk

Comments can also be made by email to publichealth@towerhamlets.gov.uk or by post to Pharmacy Needs

Assessment, Public Health, Tower Hamlets Council, 4th floor Mulberry Place, 5 Clove Crescent, London E14 2BG.

Cabinet member for health and adult services Cllr Abdul Asad said: "We are particularly interested in locals people's thoughts on whether the findings are consistent with their knowledge and experience of services and if there are areas that have not been identified or addressed."

The consultation is open until Sunday, March 29.

MAYOR Lutfur Rahman and Cllr Ohid Ahmed, cabinet member for community safety, thanked former police borough commander Chief Superintendent Dave Stringer for his service to Tower Hamlets at a gathering at the Town Hall.



LOCAL MINI CABS
canarywharfcars.co.uk
020 7423 9999
Owner Drivers
EARN £500 - £1000 per week.
Day or Night Shift, Weekly Rent or Percentage Based
AIRPORT TRANSFERS FROM £40
info@canarywharfcars.co.uk
DRIVERS WANTED

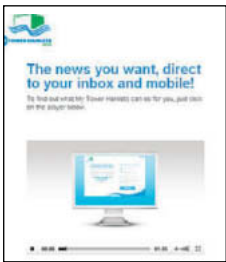
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Auto & Manual
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Maths Tuition by Cambridge graduate
www.ivywhere.com

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FREE GAS SAFETY & EPC CERTIFICATE
1-5 YEAR RENT GUARANTEE
DEDICATED MANAGEMENT SERVICE
VETTED PROFESSIONAL TENANTS
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eLondon Lets
Lettings & Management

Hamlets
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THIS MONTH OFFERS:
1/2 price 1st lesson **Only £9.99**
Lessons @£15/hr, 4 hours = £60 (once only)
Block bookings @£18/hr | PAY ONLINE | GIFT
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• Car: Mini Cooper D 2012 plate MANUAL
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• PASS PLUS registered
• Short Notice test arranged
• ADI: part 1, 2 and 3 available
www.hamletsdrivingschool.co.uk

To place your ad here call...
Terri on 7364 4681
Chris on 7364 4994
Fatima on 7364 4623
Sharan on 7364 4061



Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK



Did you get it?

Last week's photo was of a railway bridge over Bethnal Green Road.

Council information

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance –
7364 5007
Employment & skills service
(Skillsmatch) – 7364 3727
Environmental health,
trading standards & licensing
– 7364 5008
Planning & development
– 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364
5015
Healthline – 7364 5016

General enquiries

Council enquiries – 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice (E14) – 7364 7507
Housing advice (E1, E2 or E3)
– 7364 3558
Homeless service – 7364 7474
Choice-based lettings
– 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough?
Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures.
If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney & Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.
7364 1290; email localhistory@towerhamlets.gov.uk

Report it!

To report an incident, use these 24-hour freephone numbers:

Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)
24-hour domestic violence national helpline

0808 2000 247

Haven Whitechapel (sexual assault referral centre)

7247 4787

Karma Nirvana (Honour Network Helpline)

0800 5999 247

Broken Rainbow (LGBT domestic violence)

0845 260 4460

Black Women's Health & Family Support

8980 3503

Rights of Women

(legal advice)
7251 6577

Victim Support Line

0845 30 30 900

Victim Support Tower Hamlets

8555 8254

NSPCC Child Protection Helpline

0800 800 5000

Childline

0800 1111

Shelterline

0808 800 4444

Respect (for perpetrators)

0845 122 8609

Reunite (advice about child abduction)

0116 2556 234

Men's Advice Helpline

0808 8010 327

Samaritans

08457 909090

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict

Free service for council tenants and leaseholders. 7702 8305

Trading standards

Consumer Direct: 08454 040506

HAVE YOU MADE YOUR WILL?

PETER BOWYER (MIPW, MSWW)
Professional Will Writing Services

Member of the Institute of Professional Will Writers and the Society of Will Writers

HOME VISITS

0800 389 7387

0207 001 7711

Visit: www.londonwills.com

HAVE YOU MADE YOUR POWER OF ATTORNEY?

If you become ill and cannot look after your affairs then without a Lasting Power of Attorney a government secret court could take over the running of those affairs. Likewise if you are in care or ill the same court could decide on your treatment and welfare without any of your loved ones having any say in what happens to you.

MAKE A POWER OF ATTORNEY FOR PROPERTY AND AFFAIRS AND ANOTHER FOR PERSONAL WELFARE

SERVICES INCLUDE

- Single/Double wills
- Powers of Attorney
- Property Protection Trusts
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- Home Visits
- Hundreds of satisfied clients locally.

The CODE OF PRACTICE of the Institute of Professional Will Writers is approved by the Government's "Trading Standards Institute".

Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179



নির্বাচনী আদালতে শুনানি চলছে

গত বছরের মে মাসে অনুষ্ঠিত নির্বাচনে মেয়র লুৎফুর রহমানের বিরুদ্ধে আনা ভোট জালিয়াতির অভিযোগের ওপর শুনানি চলছে নির্বাচনী আদালতে। ২ ফেব্রুয়ারী শুনানির প্রথম দিন কাউন্সিলের রিটার্নিং অফিসার জন উইলিয়ামের বিরুদ্ধে আনা অভিযোগ প্রত্যাহার করে নেওয়া হয়। বিস্তারিত পড়ুন নিচে -

ELECTION COURT HEARING CONTINUES

Harmony

Isu diiwaangeli doorashadii soo dhawaataye

Register to vote as election nears – issue 1046

BOQOL maalmood in ka yar, ayaa innaga xigta markuu dalkani u dareeri lahaa doorashadii guud.

Siday caadadadu ahayd 7 Meey, sidaa daraadeed kawnsulku wuxuu xusuusinayaa dadweynahu in ay xaqiijiyaan in ay ku jiraan diiwaanka dawladda ee mashruuca doorashada qof iyo eefkii ee cusub.

Habka cusub ee diiwaangelinta cod bixiyuhu, wuxuu ka dhaqangalay Iglan iyo Waylis, laga soo bilaabo 10kii Juun ee 2014.

Habkan cusub waa in qofkas-

taa isdiiwaangeliyo oo weliba lambarka caymiskood iyo xilliga dhalashadooda geliyaan arjigooda, si loo ogaado aqoonsigooda.

Habkii hore madaxa qoyska ayuun baa masu'uul ka ahaa in uu qoyska diiwaangeliyo intooda sharcigu u baneeyey cod bixinta.

Tan iyo 1832 wuu jirey diiwaanka doorashadu, waxaa loo dhigay habkan cusub ee isdiiwaangelinta qof iyo eefkii, in la xaqiijiyo in qofkasta oo u qalma codayntu, in dhiibtey codkiisii, islamarkaana xuquuqdiisii dimoqraadiyadii ka faa'ideystey.

John Williams, sarkaalka diiwaangelinta doorashada ee Tower Hamlets, ayaa yidhi: "Habkan cusub ee isdiiwaabgelibta qof iyo eefkii, wuxuu ka dhigi doonaa diiwaanka doorashada mid sugan maadaama aanu cadaayn karno arji.

"Talaabadani waxay xaqiijin doontaa in kalsooni dheeraad ah lagu qabo in doorashooyinkeenu in ay xor yihiin oo xalaal yihiin."

Faahfaahin dheeraad ah wac 7364 0872.

Onlayn haddaad isu diiwaangelineysa booqo www.gov.uk/register-to-vote



Devika Jaatun with Cllrs Shafiqul Haque, Mahbub Alam and Abdul Asad

প্রবীণদের ইন্টারনেট ব্যবহারে আগ্রহী করতে বিশেষ অনুষ্ঠান

Older people get to grips with the internet – issue 1046

বারার প্রবীণ জনগোষ্ঠি, যারা প্রযুক্তি ব্যবহারের অভ্যস্ত নন তারা ইন্টারনেট জগতে যোগ দিয়ে দেখেছেন, কী তারা এতদিন মিস করেছেন।

প্রবীণদের কম্পিউটার ব্যবহারে আগ্রহী করে তুলতে টাওয়ার হ্যামলেটস্ কাউন্সিল গ্র্যানসনেট এর সাথে পার্টনারশীপের ভিত্তিতে গত ২৯ জানুয়ারী বৃহস্পতিবার ক্রিসপ স্ট্রিট আইডিয়া স্টোরে আয়োজন করেছিলো বিশেষ এক অনুষ্ঠানের।

গ্র্যানসনেট হচ্ছে একটি সোশ্যাল নেটওয়ার্কিং সাইট, যারা বয়স্ক লোকদেরকে কম্পিউটার ব্যবহারের আগ্রহী করে তুলতে ২০১১ সাল থেকে কাজ করে যাচ্ছে।

গ্র্যানসনেট ফোরামে রাজনীতি শুরু করে হলিডে, গার্ডেনিং থেকে রিলেশনশীপ এডভাইস

সব কিছু নিয়ে আলোচনা হয়।

আইডিয়া স্টোরে অনুষ্ঠিত ইভেন্টে ছিলো কর্মশালা, আলোচনা, প্রতিযোগিতা এবং আপ্যায়ন। অংশ গ্রহণকারীরা তাদের সমস্যা লোকদের সাথে কথা বলার সুযোগ পান এবং নানা আইডিয়া শেয়ার করেন।

টাওয়ার হ্যামলেটসের মেয়র, লুৎফুর রহমান বলেন, আমি জানি অনেক প্রবীণ বাসিন্দা সবকিছু থেকে বিচ্ছিন্ন বোধ করেন। তাই, সোশ্যাল মিডিয়া ব্যবহার করে তারাও পরিবারের অন্যদের, বন্ধু বান্ধবদের সাথে যোগাযোগ রাখতে পারেন এবং একই সাথে নিজের ঘরে বসে চলমান বিশ্বের খবরাখবর সম্পর্কে থাকতে পারেন ওয়াকিবহাল।

গ্র্যানসনেট ফোরাম ব্যবহারকারী একজন

বয়োজেষ্ঠ্য বাসিন্দা মার্গারেট বারকার বলেন, আমি গ্র্যানসনেট এর কথা আগে শুনেছি, কিন্তু আজকের আগে কখনো এটি ব্যবহার করিনি। এটি খুবই কৌতূহলোদ্দীপক এবং তারা অনলাইনে অনেক কিছু অফার করেছে।

কেবিনেট মেম্বর ফর কালচার, কাউন্সিলর শফিকুল হক বলেন, অনুষ্ঠানে স্থানীয় বাসিন্দাদের জন্য অনেক অফার ছিলো এবং অনেক প্রবীণ লোক অনলাইন জগতে তাদের জন্য কী আছে তা জানতে গ্রানসনেট ফোরামে যোগ দিয়েছেন।

কেবিনেট মেম্বর ফর হেলথ এন্ড এডাল্ট সার্ভিসেস, কাউন্সিলর আব্দুল আসাদ বলেন, এই অনুষ্ঠান থেকে আমরা চমৎকার কিছু ফিডব্যাক পেয়েছি এবং অসংখ্য লোক অনুষ্ঠান থেকে সুফল পেয়েছেন শুনে আমি খুবই সন্তুষ্ট।

Cisbitaalka Royal London

Royal London to be new town hall – issue 1046

CISBITAALKA Royal London ee Whitechapel, ayaa loo rogayo xarun kawnsul.

Kawnsulka ayaa ki iibsadey dhismaha taariikhiga ah 9milyan oo gini, islamarkaana jaangoynaya sidii xarun rayid ah looga dhigi lahaa iyadoo la dhawrayo taariikhduu xanbaarsan yahay.

Dhismaha kawnsulka uga kiraysan Poplar liiskiisi dhammad ayuu ku dhawyahay, dabadeedna Meeyarku go'aan

ayuu ka gaadhey in mus-taqbalka kawnsulku yeesho xafiisyadiisa, intuu sii wadi lahaa in uu malaayiin gini ku bix-in lahaa kiro sannad walba.

Madaama ay dad badani ka shaqeeyaan Whitechapel, waxaa lagu rajo weyn yahay in xaruntan cusub ay dhaqaale soo siyaadiso. Xaruntan cusub waxaa maalgelinaya kawnsulka, waxaanay ka mid tahay isbedelo dhawr ah oo soo socda, sannadaha innagu soo fooleh.

Mayor Lutfur Rahman ayaa yidhi: "Dhismahani wuxuu qayb ka yahay taariikhdeena iyo hidaheena muddo boqolaal sano ah, Aad bay u haboon tahay in aan iibsano oo dhawro taariikhdiisa oo weligeed inna la socoto."

Wuxuu intaa raaciyey: "Way mudan tahay in aan carrabka ku dhufto in ay arrintani tahay maalgelin dhab ah oo mus-taqbal leh. In dhismahan loo rogo tawn hool cusub oo innoo badbaadiyay dhaqaale."

News in brief

Kalkaaliyayaal

NHS-ta Briga London ayaa u baahan in ay qorato shaqaale kalkaaliyayaal ah oo waayo aragnimo u leh xunuunada dhimirka.

Kalkaaliyayaasha waxaa loo tababarayaa in macaamiisha adeegan ay la tacaalaan oo kala sheekaystaan dhibaatooyinka haysta isla markaana ku dhiirigeliyaan in isbedel sameeyaan.

Waxay u raacayaan ballamahooda, wanaay taageerayaan marka qofka xanuunsanayaa hawlo cusub ku talaabsado.

Iatacaal Kansarka

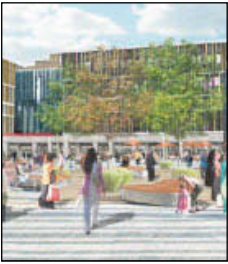
KOOXDA Adeega kansarka ee NHS-ta Barts ayaa u qabanaya weerkshobyoo dadka qaba kansarka, qoysaskooda iyo eheladooda, saaxibadood si talooyin iyo taageero looga siiyo isla-markaana loo sheego siday u

marayn lahaayeen, raadka uu ku yeelan karo.

Weerkshobku wuxuu soconayaa maalin wal oo Talaado ah, laga bilaabo 10.45 ilaa 12.15pm. Waxaa lagu qaabanayaa qolka shirarka ee garabka galbeedka, cisbitaalka St Bartholomew's, EC1.

Fahaafaahin dheeraad Wac: 3465 6611.

■ The above stories are: support wanted – issue 1046; coping with cancer – issue 1046.



রয়াল লন্ডন হসপিটালে গড়ে তোলা হবে নাগরিক কেন্দ্র

হোয়াইটচ্যাপলে অবস্থিত ওল্ড রয়েল লন্ডন হসপিটাল ৯ মিলিয়ন পাউন্ডে কিনে নেয়ার কথা গত সপ্তাহে আনুষ্ঠানিকভাবে ঘোষণা করেছে টাওয়ার হ্যামলেটস কাউন্সিল। এই বিল্ডিং সাইটের ঐতিহ্যকে রক্ষা করে সিভিক হাব গড়ে তোলার লক্ষ্যে কাউন্সিল এখন পরিকল্পনা প্রণয়ন করছে। বিস্তারিত পড়ুন নিচে -

OLD ROYAL LONDON HOSPITAL WILL BE TRANSFORMED INTO NEW CIVIC HUB

Harmony

৯ মিলিয়ন পাউন্ডে হোয়াইটচ্যাপলের রয়াল লন্ডন হসপিটাল কিনে নিলো কাউন্সিল : গড়ে তোলা হবে নাগরিক কেন্দ্র

Old Royal London Hospital will be transformed into new civic hub – issue 1046

হোয়াইটচ্যাপলে অবস্থিত ঐতিহাসিক বিল্ডিং দ্যা ওল্ড রয়েল লন্ডন হসপিটাল কিনে নেয়ার কথা গত সপ্তাহে আনুষ্ঠানিকভাবে ঘোষণা করেছে টাওয়ার হ্যামলেটস কাউন্সিল।

শ্রেড টু তালিকাভুক্ত ঐতিহাসিক বিল্ডিংটি কয়েক শত বছর ধরে জনগণকে চিকিৎসা সেবা দিয়ে আসছিলো, যেটিকে এবার টাওয়ার হ্যামলেটসের বাসিন্দাদের জন্য সিভিক হাব বা নাগরিক কেন্দ্র হিসেবে গড়ে তোলা হবে।

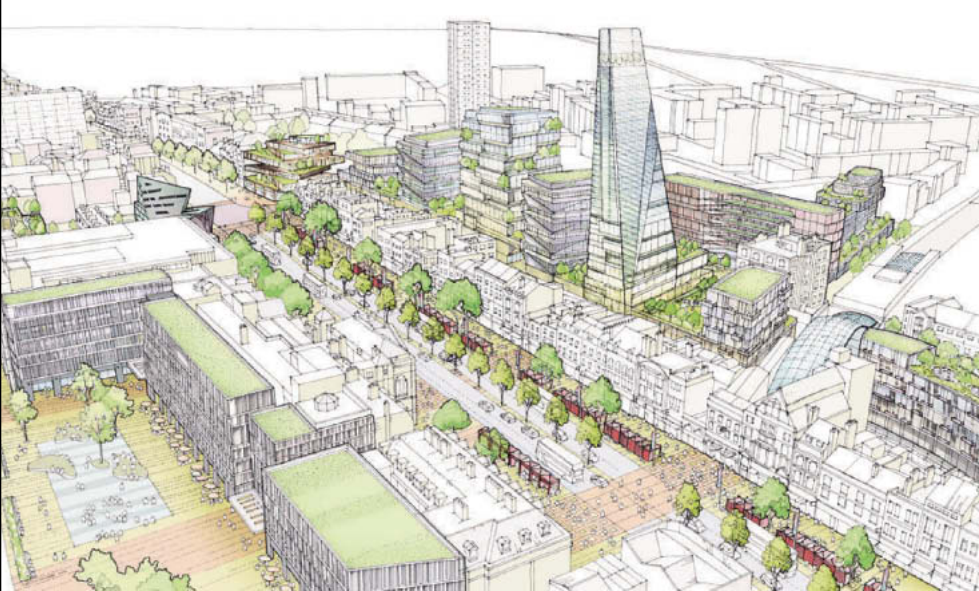
রয়েল লন্ডন হসপিটালটি ৯ মিলিয়ন পাউন্ডে কাউন্সিলের কাছে বিক্রি করা হয়েছে। এই বিল্ডিং সাইটের ঐতিহ্যকে রক্ষা করে সিভিক হাব গড়ে তোলার লক্ষ্যে কাউন্সিল এখন পরিকল্পনা প্রণয়ন করছে।

নাগরিক কেন্দ্র হিসেবে এটি চালু হলে অধিক সংখ্যক লোক এখানে ও আশেপাশে কাজ করবেন, যার ফলে স্থানীয় এলাকার অর্থনৈতিক প্রবৃদ্ধি কয়েকগুণ বৃদ্ধি পাবে।

এ প্রসঙ্গে মেয়র লুৎফুর রহমান বলেন, এই অত্যর্শ্ব বিল্ডিংটি আমাদের শত বছরের ইতিহাস ও ঐতিহ্যের অংশ হয়ে আছে। এই বিল্ডিংটি যাতে ভবিষ্যতেও আমাদের কমিউনিটির অংশ হিসেবে টিকে থাকে, সেজন্য এটি কেনা হয়েছে।

উল্লেখ্য, নাবিক ও কলকারখানার শ্রমিক শ্রেণীর দরিদ্র অসুস্থদের চিকিৎসা সেবা দেয়ার লক্ষ্যে ব্যবসায়ী ও দানশীল ব্যক্তিদের অর্থায়নে ১৭৪০ সালে এই হাসপাতালটি প্রতিষ্ঠিত হয়। ঐ সময় লন্ডনের ইস্ট এন্ডের জনগোষ্ঠির বেশির ভাগই ছিলো মার্চেন্ট সীমানা এবং শিল্প কারখানার শ্রমিক শ্রেণীর লোকজন।

মাত্র ৫ পেনী ব্যাংক নিয়ে এর যাত্রা শুরু হয়েছিলো এবং ১৯৪৮ সালে ন্যাশনাল হেলথ সার্ভিস (এনএইচএস) এর পরিচালনার দায়িত্ব গ্রহণ করার আগ পর্যন্ত শুধুমাত্র জনগণের বদান্যতার ওপর ভিত্তি করে এটি প্রায় দুই শত



Artist's impression of Whitechapel Vision

বছর স্বাস্থ্য সেবা দিয়েছে।

মেয়র লুৎফুর রহমান আরো বলেন, এটাও দৃঢ়তার সাথে উল্লেখ করা দরকার যে, এই বিনিয়োগ ভবিষ্যতের জন্য। এই সাইটটিকে অত্যাধুনিক সিভিক হাব এ রূপান্তর করা হলে বর্তমান টাউন হল ভাড়া বাবদ বিপুল অর্থ সাশ্রয় করতে আমরা সক্ষম হবো।

উল্লেখ্য, ২০১৮ সালে নতুন ট্রান্সরেল স্টেশন চালু হলে হোয়াইটচ্যাপলে এলাকায় ব্যাপক প্রবৃদ্ধি হবে বলে ধারণা করা হচ্ছে। এই সম্ভাবনাকে বিবেচনায় রেখে ২০১৪ সালে মার্চ মাসে হোয়াইটচ্যাপল ভিশন প্রায় প্রণয়ন করা হয়।

এই পরিকল্পনা সম্পন্ন হলে, হোয়াইটচ্যাপল এলাকায় ২০২৫ সাল নাগাদ ৩৫০০ নতুন বাড়ি

নির্মিত হবে, ৫ হাজার লোকের কর্মসংস্থান হবে, হোয়াইটচ্যাপল রোড পুরোপুরি পরিবর্তন হয়ে যাবে, ৭টি নতুন পাবলিক স্কোয়ার ও উন্মুক্ত স্থান গড়ে তোলা হবে এবং প্রাণচাঞ্চল্যময় একটি নতুন টাউন সেন্টার গড়ে ওঠবে।

কেবিনেট মেম্বর ফর হাউজিং এন্ড ডেভেলপমেন্ট, কাউন্সিলর রাবিনা খান বলেন, হোয়াইটচ্যাপল ভিশন এই এলাকার জন্য অনেক ইতিবাচক পরিবর্তন নিয়ে আসবে। এই পরিকল্পনা স্থানীয় কমিউনিটির জন্য অনেক সুফলদায়ক হবে। বারার বাসিন্দারা অধিক সংখ্যক এফরডেবল বাড়ি ও জব চান এবং তাদের এলাকার উন্নয়ন দেখতে তারা আগ্রহী। তাদের এই প্রত্যাশা পূরণের জন্যই হোয়াইটচ্যাপল ভিশন গ্রহণ করা হয়েছে।

News in brief

২ বছরের বাচ্চাদের জন্য ফ্রি চাইল্ডকেয়ার সার্ভিস

দুই বছরের শিশুদের জন্য বিনা মূল্যে প্রদত্ত প্রতি সপ্তাহে ১৫ ঘন্টা আগাম শিক্ষা সার্ভিস আপনার শিশুও পাবে কি-না, তা চেক করে দেখার জন্য টাওয়ার হ্যামলেটসের বাসিন্দাদের প্রতি অনুরোধ করা হয়েছে।

টাওয়ার হ্যামলেটসে রয়েছে চমৎকার সুবিধাদি সম্পন্ন অনেকগুলো নার্সারি, প্রি-স্কুল স্পেস, প্রেফ্রপস্ এবং চাইল্ডমাইন্ডার।

সরকারের এক গবেষণায় দেখা গেছে যে, মান সম্পন্ন চাইল্ডকেয়ার শিশুদের শিক্ষণ ও স্কুলে অগ্রগতি এবং পরবর্তী জীবনে অনেক ভালো ও ইতিবাচক ভূমিকা রেখে থাকে।

কেবিনেট মেম্বর ফর চিলড্রেন সার্ভিসেস, কাউন্সিলর গোলাম রব্বানী বলেন, বারার প্রতিটি বাচ্চার চাহিদা ও প্রয়োজনীয়তা মেটানোর উপযোগী চমৎকার চাইল্ডকেয়ার সার্ভিস রয়েছে টাওয়ার হ্যামলেটসে।

স্থানীয় চাইল্ডকেয়ার সার্ভিস সম্পর্কে বিস্তারিত

তথ্য জানতে চাইলে ০২০ ৭৩৬৪ ৬৪৯৫ নাম্বারে ফোন করে ফ্যামিলি ইনফরমেশন সার্ভিসেস এর সাথে যোগাযোগ করতে অনুরোধ করা হয়েছে।

“ন্যায্য বেতন প্রচারাভিযানে” পূর্ণ সমর্থন জানালো কাউন্সিল

বৃটেনের জীবন ধারণের ব্যয়ভারের ক্ষেত্রে যে সংকট বিরাজ করছে, সেসম্পর্কে জনসচেতনতা বাড়ানোর লক্ষ্যে ট্রেড ইউনিয়ন কংগ্রেস (টিইউসি) এর পক্ষকালব্যাপি “ন্যায্য বেতন প্রচারাভিযানে” সর্বাঙ্গিক সমর্থন ঘোষণা করেছে টাওয়ার হ্যামলেটস কাউন্সিল।

১৬ ফেব্রুয়ারী থেকে দেশব্যাপি শুরু হবে এই ক্যাম্পেইন, যা চলবে ১ মার্চ পর্যন্ত।

টিইউসি বলছে, যুক্তরাজ্যের কর্মজীবী লোকজন উদ্বেগের সাথে লক্ষ্য করছেন যে, প্রতি বছর তাদের জীবন যাপনের মান নিম্নমুখি ও কঠিনতর হচ্ছে। গ্যাস-বিদ্যুত, খাবার ও হাউজিংয়ের ব্যয়ে ঊর্ধ্বমুখি হলেও বাড়ছে না বেতন ভাতার পরিমাণ।

লন্ডন লিভিং ওয়েজ (এলএলডব্লিউ) প্রধানকারী প্রথম লকাল অথরিটির একটি টাওয়ার হ্যামলেটস কাউন্সিল লন্ডন লিভিং ওয়েজ এম্পলয়ার হিসেবে স্বীকৃতি পেয়েছে। এলএলডব্লিউ স্কীমের লক্ষ্য হচ্ছে লন্ডনের জীবন যাপনের ব্যয়ের সাথে বেতন ভাতার সামঞ্জস্য যেন থাকে, তা নিশ্চিত করা।

কেবিনেট মেম্বর ফর রিসোর্সেস, কাউন্সিলর আলিবর চৌধুরী বলেন, যুক্তরাজ্যের জাতীয় অর্থনীতির সত্যিকারের অবস্থান সম্পর্কে গুরুত্বপূর্ণ অনেক প্রশ্ন ওঠে আসবে এই ফেয়ার পে ফর্টনাইট ক্যাম্পেইনে। টাওয়ার হ্যামলেটসে জনসাধারণ দীর্ঘদিন ধরেই আর্থিক চ্যালেঞ্জ মোকাবেলা করে আসছেন এবং আমাদের কমিউনিটির সবচেয়ে অসহায় যারা, তাদেরকে প্রয়োজনীয় সহযোগিতা ও আর্থিক সংকটে সুরক্ষা দিতে আমরা কাজ করে যাচ্ছি।

■ The above stories are: give your toddler a great start in life; Tower Hamlets supports Fair Pay Fortnight.

ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

দান করার আগে চ্যারিটি সংস্থা সম্পর্কে নিশ্চিত হোন

‘Safer Giving Campaign’ launched – page 9

দান-অনুদান সম্পর্কে জনগণকে সচতেন করে

তুলতে লন্ডনের সকল কাউন্সিল এবং মেট্রোপলিটান পুলিশের সেফার গিভিং ক্যাম্পেইন বা নিরাপদ দান প্রচারাভিযানে পূর্ণ সমর্থন ঘোষণা করেছে টাওয়ার হ্যামলেটস কাউন্সিল।

বার্ষিক এই প্রচারাভিযান গত ৫ ফেব্রুয়ারী থেকে শুরু হয়েছে এবং এর মূল্য উদ্দেশ্য হচ্ছে স্থানীয় জনসাধারণের দান করা অর্থ যাতে ক্রিমিনাল বা অপরাধীদের হাতে না গিয়ে আইনসিদ্ধ চ্যারিটি সংগঠনগুলোর কাছে যায় এবং দানকৃত অর্থ যাতে সত্যিকারের দুঃস্থরা পান তা নিশ্চিত করা।

দান করার আগে চ্যারিটি সংগঠন সম্পর্কে নিশ্চিত হতে স্থানীয় বাসিন্দাদেরকে সেফার গিভিং ক্যাম্পেইনের পক্ষ থেকে যে পরামর্শগুলো দেয়া হচ্ছে, তা হলোঃ

প্রকৃত অনুদান সংগ্রহকারীর প্রকাশনায় চ্যারিটির নাম, রেজিস্টার্ড নাম এবং ল্যান্ডলাইন কন্টাক্ট নাম্বার উল্লেখ থাকবে।

যারা শুধু মোবাইল নাম্বার ব্যবহার করে, তাদের

ব্যাপারে সতর্ক থাকুন।

কোন ডোনেশন বা অর্থদানের আগে কিংবা কালেকশন পট বা টিন গ্রহণে আগে সংগঠনটি নিবন্ধিত কি-না তা দেখতে চ্যারিটি কমিশনের ওয়েবসাইট (www.charitycommission.gov.uk) ভিজিট করে ‘ফাইন্ড চ্যারিটিজ’ এ ক্লিক করে দেখে নিন।

ফান্ডরাইজিং ম্যাটেরিয়াল অর্থাৎ তাদের প্রচারপত্র/ম্যাগাজিন ইত্যাদিতে এফআরএসবি টিক লগো আছে কি-না দেখুন। এই লগো থাকার অর্থ হলো তারা ফান্ডরাইজিং রেগুলেশনে স্বাক্ষর করেছে। এফআরএসবি এর ওয়েব সাইট হচ্ছে www.frsb.org.uk, যেখানে যাবতীয় তথ্য পাওয়া যাবে।

কেবিনেট মেম্বর ফর কমিউনিটি সেফটি, কাউন্সিলর অহিদ আহমদ বলেন, সত্যিকারের যাদের সাহায্য দরকার, তাদের কাছে সাহায্য পৌঁছানো নিশ্চিত করার মাধ্যমে জনসাধারণের দান করার ভালো ইচ্ছাকে আরো সুসংহত করবে দ্যা ‘সেফার গিভিং’ ক্যাম্পেইন।

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16 – 22 FEBRUARY 2015

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

17



The Bow Bells pub has a striking pearlies mural



Mural depicting the trees that gave Poplar its name



BelleVue flats in Bow



St Michael and All Angels



A sculpture near the Limehouse Cut



Yeoman Court

Graham Barker discovers community hubs and cafés with a mission, as he walks from Langdon Park to Bow Church. Photos by **Kois Miah**.

ON this walk you'll visit four community centres – a creative youth space at Spotlight, Poplar Harca's Teviot neighbourhood centre, the innovative Bromley by Bow Centre and Kingsley Hall. Each offers advice, classes and tempting cafés.

Along the way, you'll also meet boxer Teddy Baldock, Victorian laundry king Harper Twelv-trees and author HG Wells.

Your walk starts at Langdon Park DLR station. Look out for the wiggly silver Whoosh sculpture beside the platform and silver pavement disks dancing in twirls.

Spotlight (1) glistens in the sunshine, nestling alongside Langdon Park School.

Spearheaded by Poplar Harca – and designed in conjunction with local youngsters – Spotlight is a creative youth and community space.

Inside there's a performance studio, boxing gym, IT suite and fashion studio, with a busy programme of after-school activities. Grab a coffee at the ground floor café, run by the Tower Project, providing training and employment for young people with disabilities.

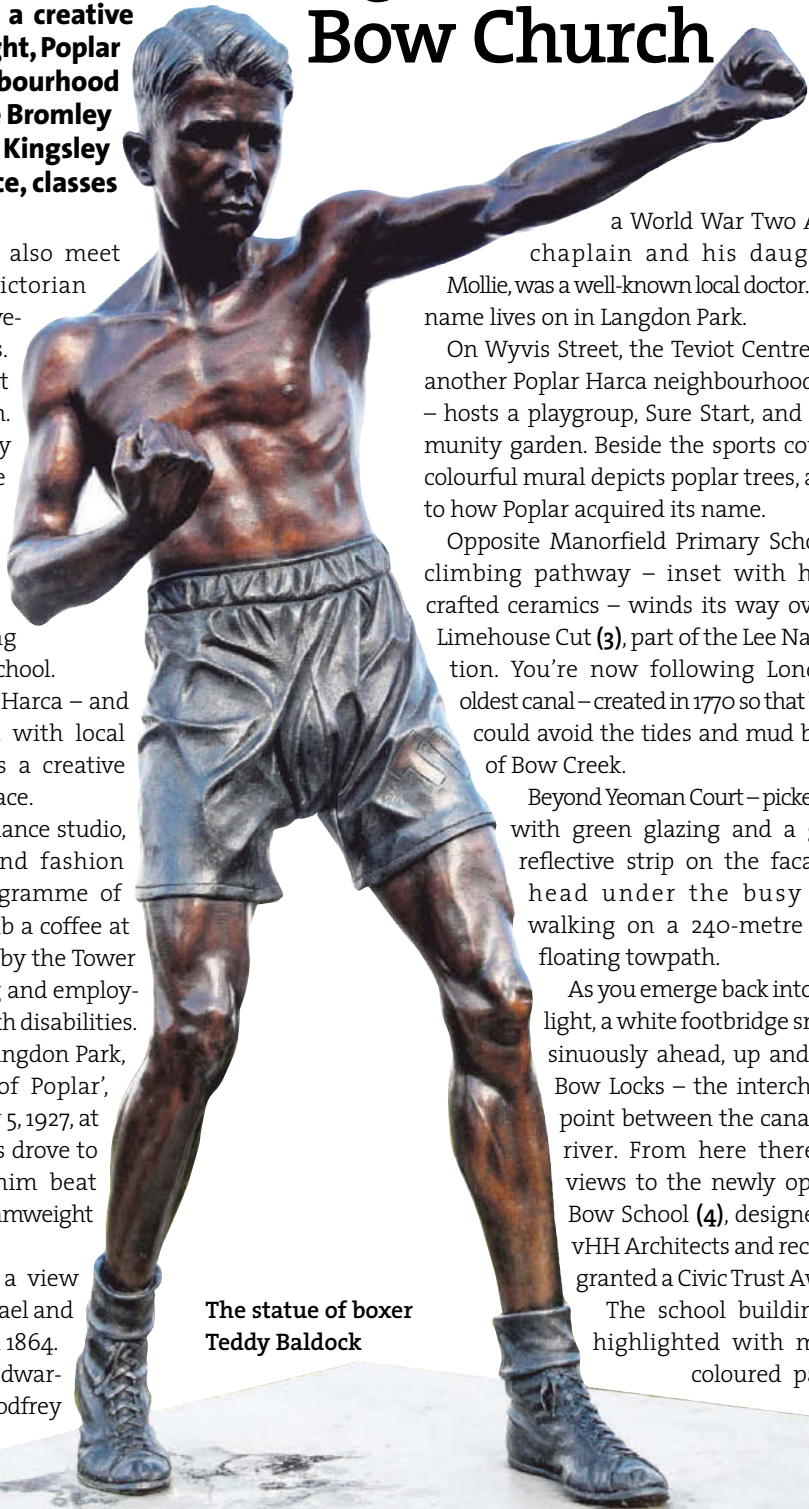
As you set out across Langdon Park, you'll encounter 'Pride of Poplar', Teddy Baldock (2). On May 5, 1927, at least 52 bus-loads of locals drove to the Albert Hall to see him beat Archie Bell to become bantamweight world boxing champion.

From the park, there's a view over to the former St Michael and All Angels Church, built in 1864.

The vicar here during Edwardian times – Rev Charles Godfrey Langdon – served as

A commu

Walk of the Month: Langdon Park to Bow Church



The statue of boxer Teddy Baldock

a World War Two Army chaplain and his daughter, Mollie, was a well-known local doctor. Their name lives on in Langdon Park.

On Wyvis Street, the Teviot Centre (3) – another Poplar Harca neighbourhood hub – hosts a playgroup, Sure Start, and community garden. Beside the sports court, a colourful mural depicts poplar trees, a nod to how Poplar acquired its name.

Opposite Manorfield Primary School, a climbing pathway – inset with hand-crafted ceramics – winds its way over to Limehouse Cut (3), part of the Lee Navigation. You're now following London's oldest canal – created in 1770 so that boats could avoid the tides and mud banks of Bow Creek.

Beyond Yeoman Court – picked out with green glazing and a giant reflective strip on the facade – head under the busy A12, walking on a 240-metre long floating towpath.

As you emerge back into daylight, a white footbridge snakes sinuously ahead, up and over Bow Locks – the interchange point between the canal and river. From here there are views to the newly opened Bow School (4), designed by vHH Architects and recently granted a Civic Trust Award.

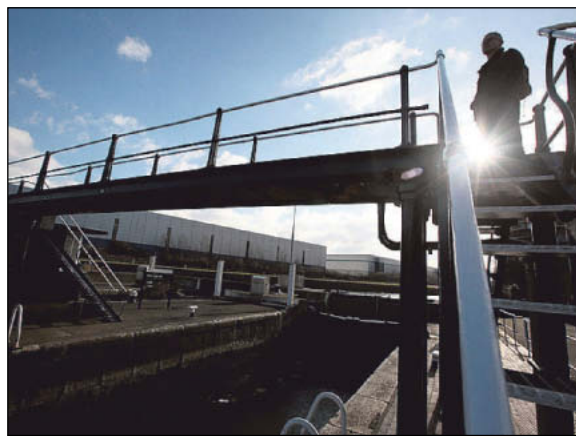
The school buildings – highlighted with multi-coloured panels



Church



One of several bridges you'll see on the walk



Bow Locks is the interchange between canal and river



Three Mills Bridge

Community centre on every corner



The café at Spotlight provides training and employment opportunities, as well as good coffee and cakes. Below: A plaque honouring HG Wells



Kingsley Hall (above) and the Bromley By Bow Centre (below)



it served as Mahatma Gandhi's base during his 1931 visit. It now hosts youth activities, dance classes and the 3 Bees community café, popping up every Tuesday.

Just beyond Stroudley Walk, there's another Lester sisters' enterprise, the Children's House nursery school (10). Standing handsomely, with large windows, it was opened in 1923 by author and benefactor HG Wells.

A Gilbert Bayes ceramic over the doorway depicts the Virgin and Child, with a lively 2012 mosaic alongside, created by local artist Murude Mehmet.

As the path narrows, you step down to Rainhill Way. Recently renovated, the Crossways Estate (11) is dominated by three pastel-shaded 25-storey towers – Priestman, Hackworth and Mallard Points.

The street names – Rainhill and Trevithick – hint at the extensive Bow locomotive works that once flourished here.

Follow the cut-through to the Drapers' Almshouses (12), built in 1706 by Sir Christopher Wren's office. Established by 'saylemaker' John Edmunson for the relief of 12 poor people, with a former chapel in the middle, they now sit dwarfed by tower blocks.

Ahead, beside Marsalis House, you emerge on to Bow Road. The Bow Bells pub – eye-catching in bright orange – incorporates an East End street scene mural, complete with pearly kings and queens.

From here, it's a few steps to Bow Church DLR station, the end of your walk.

– cluster around a central playground, facing onto the canal.

To the east, the seven colossal gas holders (5) were erected by the Imperial Gas Company in the 1870s.

They stand beside Twelvetrees Crescent, named after Victorian entrepreneur Harper Twelvetrees; he began as a glycerine soap-maker hereabouts, and later expanded his Imperial Works to manufacture laundry-blue, starch, wringers and mangles.

Back on the towpath, you're surrounded by water on all sides – Bow Creek sweeps down to the right, the bridges' undersides reflect the shimmering waterways, and Tube trains rattle overhead.

Soon you reach Three Mills (6), an industrial heritage hotspot. Built in 1776, the House Mill is the world's largest remaining tidal mill. Originally used as a flour mill, it was later adapted as a gin

distillery; from 1872 Nicholson's made their Lamplighter Gin here.

Today, house volunteers offer behind-the-scenes tours, and it's an atmospheric venue for weddings and civil partnerships.

Look out for the large stone setts cutting a diagonal track across the cobbles – laid to make it easier to wheel goods from barges.

Grain once dried in the Clock Mill's oast houses, crowned with cowls to draw the air through. And the old Customs House stands opposite, where gin, soap and other goods were bonded.

Next door, Three Mills Studios (7) is London's largest film and television studios. Security guards check in the actors, performers and technicians – you might just spot a passing celebrity.

Retrace a few steps and head alongside the Tesco superstore. Opposite the bus stop, a subway takes you under the A12 – take the long slope up. Left, through Washington Close,

you arrive at the Bromley by Bow Centre (8).

An ornate 18th century stone gateway – relocated from Northumberland House, near Trafalgar Square – frames your entrance. It's a small dash of history set alongside the forward-looking projects here.

Kick-started by social entrepreneur Andrew (now Lord) Mawson in 1984, the Bromley by Bow Centre pioneers good practice in holistic healthcare; alongside the GP surgery, there are health trainers, advice workers and creative projects.

The Pie in the Sky café is run by FoodCycle, where volunteers use surplus supermarket food to cook nutritious, affordable meals. Children play in Bob's Park and stone animals by on-site sculptor Paula Haughney are dotted around.

After exploring, head next door to Kingsley Hall (9). Established in 1928 by sisters Muriel and Doris Lester, and designed by Arts and Crafts architect Charles Cowles-Voysey,





Meet Patxa

Spanish artist Patxa Ibarz, left, will exhibit at Whitechapel Idea Store.

DETAILS BELOW



Where's my boozier gone?

Traditional local pubs are dying out and on February 17 a group of older residents called The Geezers will talk about the demise of east London boozers at the Art Pavillion, Clinton Road, Bow.

SEE BELOW

Out & about guide

What's on where this week

Drama

Argentinian tango E14

Class. Sat 1-5pm. £5. St John's Community Hall, 37 Glengall Grove, E14.
7538 3852

Ballroom/Latin American

Fri, 1.45-3.45pm, £5, free refreshments. No beginners. Kingsley Hall, Powis Road, E3.
8550 1392

Brazilian dance aerobic classes

Weds 9-10am & Thurs, 1-2pm. Free.
Alpha Grove Centre, Isle of Dogs, E14
7538 1714

nergize4Girlz

South African gumboot dancing.
Every other Saturday from 11am-12.30pm.
St Pauls Shadwell Church, 302 The Highway, E1.
energize4girlzdance@gmail.com

Kids

Ballet for children

Every Thurs. Ages 2 fh-3 1/2 years, 2-2.30pm; 4-6 years, 4.45-5.15pm.
Alpha Grove Community Centre, Isle of Dogs, E14.
nina.monteiro@hotmail.com

Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm.
Tower Project, 45-55 White Horse Road, E1.

naima@towerproject.org.uk
7790 9085

Yoga for pregnancy and mums and babies

Pregnancy class suitable from 14 weeks. Mums and babies classes suitable from six weeks until baby is crawling.
07958 645978
www.clareday-yoga.co.uk

Young & talented?

Performing arts group for 6-to 16-year olds. Sats, 10.30am-1.30pm, term-time. Oxford House, Derby shire Street, E2.
8556 5348

Social

3 Bees Café

Healthy vegetarian and fish dish, served for just £3, takeaways available.
Tuesdays, 4-8pm.
Kingsley Hall Community Centre, Powis Road, E3.
07501 468 193

Birchfield OAPs club

Mon-Fri, 7-9.30pm; Weds, 1-4pm
50 Saltwell Street, E14.

Fern Street Settlement

Fern Street, E3.
7987 1949

Golden Ladies

Pensioners group for bingo and social. Weds, 2-4pm.
Isle of Dogs Bowls Club, Millwall Park, E14.
7987 6824



SIMON Blumenfield's *Doctor of the Lost* will be discussed at Bishopsgate Institute on Tuesday, February 24 (7.30pm). Blumenfield's novel tells the story of Thomas Barnardo's early years, of a man who could not walk away from the suffering of London's children. Historian and author Sarah Wise talks about Barnardo and the novel's revolutionary spirit with Ken Worpole, who met and knew Blumenfeld. Bishopsgate Institute is at 230 Bishopsgate, EC2M. Tickets are £9/£7 concs.

Exhibitions

Home, Soil and Memory

An exhibition by Spanish artist Patxa Ibarz who was inspired by Robert Burns' poems for her exploration of the individual's identity in society. Free.
Until Feb 28. Open Mon-Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm; Sun, 11am-5pm.
The Gallery, Idea Store, 321 Whitechapel Road, E1.
7364 4332
www.ideastore.co.uk

Yellow Snow

Features work by artist Tobias Teschner. Free.
Until Feb 22. Open Weds-Sat, 11am-6pm & Sun, 12-6pm.
Wilkinson Gallery, 50-58 Vyner Street, E2.
8980 2662

Where's My Boozier Gone?

Conversational afternoon with The Geezers, a group of older Bow residents running a project about the demise of local pubs together with artist Lucy Schofield.
Tues, Feb 17. 2-4pm.
Art Pavillion, Clinton Road, E3.
www.ourbow.com/category/the-geezers

Music

Orchestra of Samples

Howie B and local electronic duo Addictive TV perform with a range of eclectic 'digital' guests on film, including fiddle player and BBC young musician of the year Shona Mooney, renowned beatboxer Bass6 and sitar player Baluji Shrivastav.
£9 in adv, £12 on door.

Thurs, Feb 26. 8pm.

Rich Mix, 35-47 Bethnal Green Road, E1.
7613 7498
www.richmix.org.uk

Sing-a-long-a Sound of Music

The smash-hit sing-a-long screening of the musical film comes to Hackney in celebration of the film's 50th anniversary. Hosted by Christopher Biggins, all proceeds from the event go to Comic Relief.
Weds, Feb 18. 7pm. £20-40.
Hackney Empire, 291 Mare Street, E8.
8985 2424
www.hackneyempire.co.uk

Cockney Singalong

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wiltons.org.uk

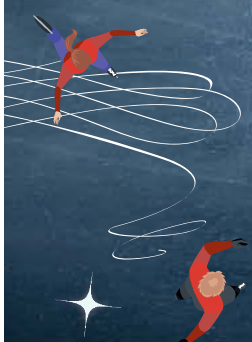
Lunchtime concert:

Alexander Panfilov

Russian-born pianist Alexander Panfilov was a winner in Birmingham's 2013 Brant International Piano Competition and demonstrates his great flair for music written at the turn of the 20th century.
Fri, Feb, 20. 1.05pm
Bishopsgate Institute, 230 Bishopsgate, EC2M.
www.bishopsgate.org.uk



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Campaigning for change

Formerly the World Development Movement, Global Justice Now is calling for social and political change on issues such as climate change, corporate power and social inequality.

SEE BELOW

Wind In The Willows

The adventures of Ratty, Mole and Badger will be brought to life by Open Book Theatre Company this week.

SEE BELOW

Out & About



A NEW exhibition in the lobby of One Canada Square, Canary Wharf, showcases the intricate ceramic sculptures of artist Katharine Morling. **Drawing on Life** focuses on Morling's black and white portrayals of objects from the world which have surreal but familiar characteristics. Entry is free and it runs until March 20.



Snap up tickets to the Spitalfields Music fest

BY KEITH MAHON

TICKETS for the 39th annual Spitalfields Music Festival have gone on general release.

This year's programme runs over two weeks from June 2-16 and will feature world premieres, exclusive performances, interactive events and a range of musical styles.

Some of east London's most historic buildings will be used throughout the festival. Actor Michael Pennington will perform a selection of English poetry on June 3 in one of Spitalfield's 18th century Huguenot weavers houses, while the chapel at the Tower of London will host an intimate performance by the Odyssean Ensemble on June 15.

The Geffrye Museum, meanwhile, is the venue for a Night at the Museum with the Royal Academy of Music on June 9.

There will also be contemporary performances from a new generation of talent. On June 11 at Shoreditch Church, Newcastle-based quartet Bridie Jackson and the Arbour, former winners of the coveted Glastonbury Emerging Talent



Shabaka Hutchings is helping curate the festival

photo by Alys Tomlinson

Competition, play a late-evening set of their folk-influenced original music.

For the youngest ears, there are interactive musical and artistic installations throughout the festival.

Musical Rumpus, a multi-sensory opera for toddlers, will perform its latest production – A Fairy Queen in the Forest – at Rich Mix on June 12 and 13.

The festival will be curated by early

music ensemble La Nuova Musica, saxophonist Shabaka Hutchings and composer Emily Hall, whose new work, Folie a Deux, will be given its London premiere by the Mahogany Opera Group at Rich Mix on June 6.

Much of the festival is free, but prices start at £5 for paid events.

For a full programme and booking details visit www.spitalfieldsmusic.org.uk



Above and below: images from the exhibition by Mexican street artists

Art for justice

CAMPAIGNING group Global Justice Now will host an evening of political discussions, workshops and documentaries at its national launch event – Take Back Our World.

Taking place at Rich Mix this Saturday, February 21, it will host speakers including Channel 4 News editor Paul Mason, Green Party leader Natalie Bennett, campaigner and politician



Samia Nkrumah and film-maker Pablo Navarrete.

There will also be workshops exploring social issues around the world, and a specially commissioned exhibition by Mexican street artists.



Music at the after-party, which begins at 8pm, will come from Palestinian band 47 Souls and Bristol reggae outfit Laid Blak and there will be a set by award-winning spoken word artist Mr Gee.



The day programme for Take Back Our World is free to attend. Tickets for the after-party cost £8 and can be booked at www.richmix.org.uk

Rich Mix is at 35 Bethnal Green Road, E1.

News in brief

Classic tale for kids

CHILDREN'S favourite The Wind In The Willows will be brought to life at Idea Stores this week.

The adventures of Ratty, Mole and Badger will be staged by the Open Book Theatre Company on Monday, February 16 and Tuesday 17.

Idea Stores at Canary Wharf, Watney Market, Isle of Dogs and Bow will be transformed to play host to the free productions.

Visit www.openbooktheatrecompany.com for more information on times and dates.

Sculpture vultures

SCULPTORS' Papers at the Whitechapel Gallery closes this Saturday, February 21.

The exhibition examines the stories of radical proposals for public sculptures in London, some of which were scrapped and others which were commissioned, including the original details for the Karl Marx memorial in Highgate Cemetery.

The gallery is at 80 Whitechapel High Street, E1.

For more details visit www.whitechapelgallery.org.

Play reading

A READING of Clare Summer-skill's new play Rights of Passage, which is based on interviews with LGBT asylum seekers in Britain, will be performed at Oxford House Theatre on February 27.

Following the reading, there will be a Q&A with the actors, the playwright and members of London LGBT asylum groups.

Oxford House Theatre is in Derbyshire Street, Bethnal Green. Tickets cost £5 from www.oxfordhouse.org.uk

Purple Moon rises

A NEW theatre has been launched at the Rag Factory, 16-18 Heneage Street, E1 as a dedicated centre for art and culture for young people.

Purple Moon Drama runs performance workshops for 14- to 21-year-olds.

Visit www.purplemoon-drama.co.uk for further information.

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Stepney City Farm in Stepney Way is a working farm and rural arts centre. Its café and shop are open to the public, selling produce grown and sold in Stepney – as well as tasty meals.

WWW.STEPNEYCITYFARM.ORG

Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

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Eating out, eating in

Minimalist menu offers up a little taste of Italy

BY AVARICIOUS ARCHIE

I ARRIVED towards the end of a hectic morning of running around and abjectly failing to successfully achieve any of my objectives – including not eating a single thing.

I stumbled upon La Tagliata and my immediate feeling was one of calm. The muted decor is light and airy and makes you feel like you're not in a narrow alleyway – which you are.

Dining solo today, my waiter was tactfully efficient and talked me through the very minimalist menu. Starters were bread and tagliatelle with a choice of sauces – pomodoro, limone, pesto, ragu and the daily special, arrabiatta.

Mains were tagliata – according to my waiter, “finest British beef sirloin cooked and sliced in the Italian way, on a bed of rocket, Parmesan cherry tomatoes and a balsamic reduction” – and scamorza, “matured mozzarella, oven baked, stuffed with porcini mushrooms, sundried tomatoes



and truffle paste”. The menu also had only three desserts – tiramisu, panacotta and a cheese board.

The wine list was twice the size of the food menu, with prices ranging from £18 to £80 per bottle.

I chose tagliatelle with ragu and tagliata as rare as it comes.

My starter arrived incredibly promptly and piping hot. I am not sure that I am enamoured by the quantity, however well and artfully presented. It was tasty without being great and at £10, I'm not sure that it

pushed my buttons. My tagliata, accompanied by a ratatouille-type dish, arrived very promptly again.

The meat was well presented and cooked to perfection. The ratatouille was a little bland, the absence of tomato leaving the dish dominated by potato.

It was only when I left that I realised the dish was not as described – it arrived sans rocket and cherry tomatoes as advertised.

Overall, La Tagliata oozes charm and sophistication, from the modern art on the walls to the presentation of the food.

And, from the noises emanating from other diners, people are very satisfied with their approach and execution.

However, it is an inexcusable mistake – especially with such a small menu and at those prices – to not serve a dish as advertised. This probably coloured my view but I would probably return again, just to see if I'd arrived on a bad day.

A two-course lunch with tip and no drinks came to £26.40.

■ La Tagliata Italian
Kitchen is at 11 Sandy's Row,
E1. Tel: 7247 2818.

A hug in a bowl to warm you up

STEPNEY City Farm is on Stepney Way, in the heart of the borough. It is a working farm, rural arts centre and community meeting place.

This month's recipe is simply a hug in a bowl. But add a few flourishing touches and this humble soup can be elevated to a princely meal.

At the launch of our new

supper club (Farm Suppers – last weekend of every month), the soup was combined with crispy leeks and sourdough soldiers smothered in our homemade black pudding. Perfection!

For our soup we use leeks and Ambo potatoes from Sarah Green's Organic Essex Farm and double cream from Goodwood's organic dairy in West Sussex.

Leek and tattie soup – serves 6

Ingredients

50g butter and a splash of sunflower oil
2 onions (diced)
500g leeks (the tender white and light green skins washed and diced)

500g ambo potatoes (cut into 2cm cubes)
1.2l water or veg stock
250ml double cream
Small handful of finely chopped chives and some rapeseed oil to finish

Method

1. Place oil and butter in a large pan on a low to medium heat until the fat begins to foam.
2. Add a healthy pinch of salt and throw in all your chopped vegetables. Stir thoroughly to make sure everything gets a good coating of oil.
3. Cook uncovered for 5-10 minutes, stirring regularly. At this point, add a cartouche (a circular piece of parchment paper) on top of the vegetables and

cover the whole pan with a lid, turning the heat down to low.

4. Keep checking on the mix until you are able to crush the potatoes with the back of a spoon (will take around 30-45mins). If the mix catches on the bottom of the pan at any point, add a cup of water and stir.
5. Once the vegetables are soft add your stock or water and bring the soup to a boil. Simmer for 10-15 minutes before blending and passing through a sieve.

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15th March 2015

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Managing 22,000 homes in the borough

Tower Hamlets Homes

Tower Hamlets Homes is an arm's-length management organisation managing approximately 22,000 tenants and leasehold properties on behalf of Tower Hamlets Council.

Improved quality of life

Community groups are invited to apply for grants to provide health and well-being activities for Peabody residents.

SEE BELOW

Property

Flexi payments for THH refurbbs

BY STAFF REPORTER

TOWER Hamlets Homes (THH) is encouraging more leaseholders to talk to them about payment options – so they can better manage their share of the cost of major improvements.

The Decent Homes programme sets out to refurbish and protect properties for the future and some leaseholders will want to explore a more flexible approach to paying for their share of the work.

Ben Whiteside, head of THH leasehold services, said: "We are carrying out much-needed

investment to the outside of the homes we manage. We are aware that some leaseholders are facing large bills for Decent Homes and other major works.

"Some residents are worried about meeting the payments, and our message is: please come and talk to us. There will always be a way we can help, whatever your financial circumstances.

"Many leaseholders have been talking to us about a range of flexible payment options, which can often help to spread the cost, including extended repayment for up to five years.

"We also have a dedicated team who work with leasehold-

ers to assist those in financial hardship to manage their payments, and get help from the Department of Work and Pensions. Home visits are available as part of this service.

"We also hope to be able to extend our payment options for longer periods in extreme cases, and we are currently in talks with the council about this."

Leaseholders can also discuss their concerns face-to-face with leasehold advisors at weekly surgeries run by THH, every Thursday between 9am-12noon and 1pm-5pm at the Residents' Resource Centre, Massingham Street, E1.

Visit: www.thh.org.uk

THIS photo of crocuses poking through the grass on the Teviot Estate was taken by East End Life photographer Kois Miah. Do you have signs that spring is on its way in your area? Send your pictures to eastendlife.news@towerhamlets.gov.uk



Grants for health and wellbeing projects

COMMUNITY and resident groups are invited to apply for grants of between £500 and £5,000 to provide activities to improve the quality of life of Peabody residents.

The cash is being provided as part of the second round of The Peabody Community Fund,

which is managed by The London Community Foundation.

Funds should be spent on community and health and wellbeing projects.

Peabody's director of programmes, community investment, Veronica Kirwan said: "This is a fantastic opportunity for those who work in our

communities to access funding for their chosen activity or project to help make a real difference to the lives of residents."

The deadline for applications is March 6 and winners will be announced in May.

Visit www.londoncf.org.uk, call 7582 5117 or email info@londoncf.org.uk

Abstract splashes of spring colour

Plant of the Month from Horticultural Trades Association

LITTLE works of art will soon start to bloom ready for early spring in the garden.

With abstract splashes of colour, these plants are none other than the popular pansy and viola.

These hardy, reliable plants have one of the widest colour ranges and can brighten up any garden space by being planted in beds, borders, containers and hanging baskets.

Recommended varieties include Viola 'Aspasia', Viola cucullata,

Viola 'Jackanapes' and Viola 'Moonlight'.

Plants considered to be pansies have four petals pointing upwards, and only one pointing down, while violas have three petals pointing up and two pointing down. Both can tolerate sun and cooler temperatures, and benefit from the removal of faded or dead flowers to prolong blooming and to encourage more flowers to grow.

When planting pansies and violas in the garden it's worthwhile considering some contrasting companion plants like shrubs which can complement their mix

of colour and lower height.

Daphne bholua 'Jacqueline Postil' – also known as Nepalese paper plant – is an evergreen medium-sized shrub with highly fragrant deep pink and white flowers that are followed by black berries. While, Euphorbia amygdaloides var. robbiae – also known as Mrs Robb's bonnet – is a spreading evergreen perennial with dark green leaves with large, rounded sprays of yellow-green flowers.

Broadcaster and gardener Esther Rantzen CBE has a great love for pansies and violas.

She said: "I love pansies for their soft colours, all the shades of blues, purples and golds, and for their faces, turned down, as if in contemplation.

"They look fragile, but in fact they are tough, they can survive anything except the burning summer heat, and they seed themselves and return, year after year."

Visit www.the-hta.org.uk/plantofthemonth



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Nếu đến thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới tham quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ ان گھروں کے لئے صرف اسی صورت میں بولی دے سکتے ہیں اگر "ہاؤسنگ لسٹ" میں آپ کی درخواست واجب اورز پر فہرست ہے۔ براؤزر میں سے کسی گھر کو دیکھنے کے لئے مت جائیے کیونکہ یہ ہمسائیوں کے لئے پریشانی کا باعث ہو سکتا ہے۔

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website: www.towerhamlets.gov.uk

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Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

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D Easy Access	Designed to be spacious with no steps to the property
E Step-free	General housing with no steps to the property
F General Housing	Does not meet requirements for other categories
G Not assessed	Property not yet had access survey

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on 020 7364 0204 / 0206 / 0209.



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Simply call 0845 270 2400

Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme (www.tfl.gov.uk/cycling) and local pay-as-you-go car clubs (www.carplus.org.uk) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit

Transfer Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to 3 bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit www.towerhamlets.gov.uk/parking



SHELTERED
Accessible Category E
EDITH RAMSAY HOUSE, DUCKETT STREET, E1

Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Shared garden • Permit parking • Pets not permitted

Eligibility : Min Client Age 60

£171.67, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 31674



SHELTERED
Accessible Category G
PEBBLE CENTRE, WARNER PLACE, E2

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets not permitted

Eligibility : Min Client Age 60

£178.65, Weekly - Social Rent
Landlord: OLD FORD HA

Property Ref: 31680



SHELTERED
Accessible Category E
TED ROBERTS HOUSE, PARMITER STREET, E2

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Shared garden • On street parking, Off street parking • Pets not permitted

Eligibility : Min Client Age 60

£184.33, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 31686



OVER 50's
Accessible Category F
SOLANDER GARDENS, LOWOOD STREET, E1

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted

Eligibility : Min Client Age 50

£101.59, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31676



OVER 50's
Accessible Category E
COLSTEAD HOUSE, WATNEY MARKET, E1

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Heating & hot water included in charges

Eligibility : Min Client Age 50

£125.60, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31669



OVER 50's
Accessible Category G
BAXENDALE STREET, E2

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets not permitted

Eligibility : Min Client Age 50

£147.33, Weekly - Social Rent
Landlord: Circle 33 HA

Property Ref: 31654



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
LITCHAM HOUSE, LONGNOR ROAD, E1

Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted

£95.82, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31677



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
BRASSEY HOUSE, CAHIR STREET, E14

Flat • 0 Bed 1 Person • 3rd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets with landlords permission

£100.42, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31655



1 BEDROOM
Accessible Category F
BRIDGEN HOUSE, NELSON STREET, E1

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted

£112.10, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31688



1 BEDROOM
Accessible Category F
WINTERTON HOUSE, DEANCROSS STREET, E1

Flat • 1 Bed 2 Person • 18th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • Electric radiators • No garden • Residents parking scheme • Pets not permitted • Concierge

£136.32, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 31694



1 BEDROOM
Accessible Category G
STEPNEY GREEN COURT BLOCK D, STEPNEY GREEN, E1

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Shared garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£113.85, Weekly - Social Rent
Landlord: Industrial Dwellings Society

Property Ref: 31691



1 BEDROOM
Accessible Category F
GLOBE ROAD, E1

Bungalow • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Wet room (walk in shower) - no bath • GCH • No garden • Permit parking • Pets permitted

£109.96, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31663



1 BEDROOM
Accessible Category C
EDISON HEIGHTS, RICHMIX SQUARE, E1

Flat • 1 Bed 2 Person • 4th floor • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£147.93, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 31681



1 BEDROOM
Accessible Category G
KEELSON HOUSE, CASSILIS ROAD, E14

Flat • 1 Bed 2 Person • 3rd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years except for those currently holding a Secure or Assured social housing tenancy

£150.97, Weekly - Social Rent
Landlord: One Housing Group

Property Ref: 31690



1 BEDROOM
Accessible Category F
STAPLETON HOUSE, ELLSWORTH STREET, E2

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted

£111.49, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31678



1 BEDROOM
Accessible Category F
NELSON GARDENS, E2

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Shower Room with W/C - no bath • GCH • No garden • Residents parking scheme • Pets not permitted

£126.02, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 31671



1 BEDROOM
Accessible Category E
SWANFIELD STREET, E2

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted

£116.99, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31679



1 BEDROOM
Accessible Category G
CADELL HOUSE, HORATIO STREET, E2

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • One week's advance rent required at sign up of tenancy

£117.15, Weekly - Social Rent
Landlord: Peabody

Property Ref: 31697



1 BEDROOM
Accessible Category E
EBENEZER MUSSEL HOUSE, PATRIOT SQUARE, E2

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets permitted

£124.61, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31656



1 BEDROOM
Accessible Category F
BERKELEY HOUSE, WELLINGTON WAY, E3

Flat • 1 Bed 2 Person • 15th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Residents parking scheme, Permit parking • Pets with landlords permission

£126.07, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31666



2 BEDROOMS
Accessible Category G
MONTPELIER PLACE, E1

House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Off street parking • Pets not permitted

£143.17, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 31687



2 BEDROOMS
Accessible Category F
BURLEY HOUSE, WALTER TERRACE, E1

Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Permit parking • Pets permitted

£123.41, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31698



2 BEDROOMS
Accessible Category F
WINTERTON HOUSE, DEANCROSS STREET, E1

Flat • 2 Bed 4 Person • 9th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • Electric radiators • No garden • Residents parking scheme • Pets not permitted • Children must be 10 years and over • Concierge

£150.61, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 31693



2 BEDROOMS
Accessible Category G
STUTTLE HOUSE, BUXTON STREET, E1

Flat • 2 Bed 4 Person • 5th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets not permitted

£141.13, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 31665



2 BEDROOMS
Accessible Category F
PEABODY BUILDINGS BLOCK F, JOHN FISHER STREET, E1

Flat • 2 Bed 2 Person • 4th floor • Separate kitchen • No Lift • Entryphone • Shower Room with W/C - no bath • GCH • No garden • Permit parking • Pets not permitted • One week's advance rent required at sign up of tenancy

£138.63, Weekly - Social Rent
Landlord: Peabody

Property Ref: 31696



2 BEDROOMS
Accessible Category C
BULWARK COURT, PARKSIDE SQUARE, E14
Flat • 2 Bed 3 Person • 3rd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

£147.58, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31648



2 BEDROOMS
Accessible Category C
BULWARK COURT, PARKSIDE SQUARE, E14
Flat • 2 Bed 3 Person • 4th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

£147.58, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31650



2 BEDROOMS
Accessible Category C
BULWARK COURT, PARKSIDE SQUARE, E14
Flat • 2 Bed 3 Person • 4th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

£147.58, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31658



2 BEDROOMS
Accessible Category C
BULWARK COURT, PARKSIDE SQUARE, E14
Flat • 2 Bed 3 Person • 4th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

£147.58, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31685



2 BEDROOMS
Accessible Category C
PARKSIDE SQUARE, E14
Flat • 2 Bed 3 Person • Ground Floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

£147.58, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31641



2 BEDROOMS
Accessible Category F
PERKINS HOUSE, ST PAULS WAY, E14
Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy

£138.67, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 31667



2 BEDROOMS
Accessible Category F
FLORIDA STREET, E2
Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted

£142.66, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 31683



2 BEDROOMS
Accessible Category F
SHEPPARD HOUSE, WARNER PLACE, E2
Maisonette • 2 Bed 4 Person • 1st floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

Eligibility : Homeless Permanent

£123.89, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31653



2 BEDROOMS
Accessible Category E
CALCRAFT HOUSE, BONNER ROAD, E2
Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Permit parking • Pets permitted

£128.12, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31672



2 BEDROOMS
Accessible Category G
LEMON TREE HOUSE, BOW ROAD, E3
Flat • 2 Bed 3 Person • 2nd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • One week's advance rent required at sign up of tenancy • Rent collected monthly

£148.78, Weekly - Social Rent
Landlord: Affinity Sutton

Property Ref: 31695



2 BEDROOMS
Accessible Category F
ROUNTON ROAD, E3
Maisonette • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy

£142.58, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 31675



3 BEDROOMS
Accessible Category G
HAVERING STREET, E1
House • 3 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Private garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£153.90, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 31661



3 BEDROOMS
Accessible Category G
CEPHAS AVENUE, E1
Maisonette • 3 Bed 5 Person • Basement • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C • Check heating on viewing • Private garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£155.55, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 31682



3 BEDROOMS
Accessible Category G
GRANTLEY STREET, E1
House • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • One week's advance rent required at sign up of tenancy

£158.06, Weekly - Social Rent
Landlord: Peabody

Property Ref: 31699



3 BEDROOMS
Accessible Category F
CROFTS STREET, E1
House • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets permitted

£149.77, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31692



3 BEDROOMS
Accessible Category F
URMSTON HOUSE, SEYSEL STREET, E14
Maisonette • 3 Bed 5 Person • 2nd floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets with landlords permission

£144.76, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31660



3 BEDROOMS
Accessible Category C
BULWARK COURT, PARKSIDE SQUARE, E14
Flat • 3 Bed 5 Person • 2nd floor • New build • Kitchen diner • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

£155.78, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31644



3 BEDROOMS
Accessible Category C
BULWARK COURT, PARKSIDE SQUARE, E14
Maisonette • 3 Bed 5 Person • 2nd floor • New build • Kitchen diner • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

Advert represents 2 properties
£155.78, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31645



3 BEDROOMS
Accessible Category C
BULWARK COURT, PARKSIDE SQUARE, E14
Flat • 3 Bed 5 Person • 4th floor • New build • Kitchen diner • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

£155.78, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31649



3 BEDROOMS
Accessible Category C
BULWARK COURT, PARKSIDE SQUARE, E14
Flat • 3 Bed 5 Person • 1st floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

£155.78, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31657



3 BEDROOMS
Accessible Category C
PARKSIDE SQUARE, E14
Maisonette • 3 Bed 5 Person • Ground Floor • New build • Kitchen diner • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

£155.78, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31642



4 BEDROOMS
Accessible Category C
BILLSON STREET, E14
House • 4 Bed 7 Person • Ground Floor • New build • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C • GCH • Private garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

£163.97, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31651



4 BEDROOMS
Accessible Category C
KINGFIELD STREET, E14
House • 4 Bed 7 Person • Ground Floor • New build • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C • GCH • Private garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

£163.97, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31652



4 BEDROOMS
Accessible Category C
BULWARK COURT, PARKSIDE SQUARE, E14
Maisonette • 4 Bed 6 Person • 2nd floor • New build • Kitchen diner • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

£163.97, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31647



4 BEDROOMS
Accessible Category C
PARKSIDE SQUARE, E14
Maisonette • 4 Bed 6 Person • Ground Floor • New build • Kitchen diner • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Private garden • Car free home • Pets not permitted • Electric cooking • Service charge to be advised

£155.78, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31643

AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at www.thhs.org.uk for further information.



AFFORDABLE RENT
Accessible Category F
ST MARKS GATE, E9

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Residents parking scheme • Pets not permitted • Life Time.

£172.00, Weekly - Affordable Rent
Landlord: Gateway Housing Association

Property Ref: 31684



Affordable Rent Property
Accessible Category C
WILLIAM CUBITT LODGE, PIER STREET, E14

Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • Two lifts • Entryphone • Shower Room with W/C • Electric storage heater • Shared garden • Permit parking • Pets not permitted • Life Time.

Eligibility : Min Client Age 60 - Sheltered

£206.00, Weekly - Affordable Rent
Landlord: Gateway Housing Association

Property Ref: 31640



AFFORDABLE RENT
Accessible Category G
DIMSON CRESCENT, E3

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years.

£172.00, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31689



AFFORDABLE RENT
Accessible Category F
STURDY HOUSE, GERON ROAD, E3

Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£161.50, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 31659



AFFORDABLE RENT
Accessible Category F
MOHAWK HOUSE, GERON ROAD, E3

Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • On street parking, Off street parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£254.53, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 31662



AFFORDABLE RENT
Accessible Category F
ST STEPHENS ROAD, E3

Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • On street parking, Off street parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£206.35, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 31639



AFFORDABLE RENT
Accessible Category E
BEALE ROAD, E3

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Eligibility : Min Client Age 50

£159.45, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 31670



AFFORDABLE RENT
Accessible Category G
BEATRICE WEBB HOUSE, CHISENHALE ROAD, E3

Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£200.78, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 31668



AFFORDABLE RENT
Accessible Category F
GROVE ROAD, E3

Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£185.96, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 31673



OPEN DAY

Saturday 21st March 2015

at Tarling East Community Centre

The themes for the day are...

☐ **Bid Smart**

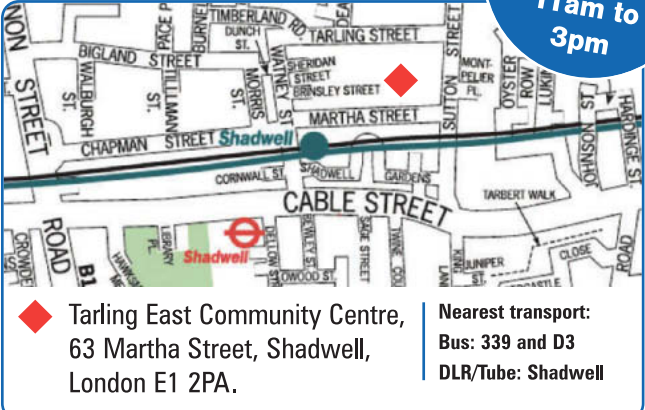
How to improve prospects of being rehoused by smarter bidding

☐ **Housing options for moving out of the borough**

☐ **Mutual Exchanges**

☐ **Money Management**

We will have dedicated teams available to help you on the day.



The venue will be open from 11am to 3pm

◆ Tarling East Community Centre, 63 Martha Street, Shadwell, London E1 2PA.

Nearest transport:
Bus: 339 and D3
DLR/Tube: Shadwell

Refreshments available

Activities for kids...

Bouncy Castle Magician Face Painting





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MAYFLOWER PRIMARY SCHOOL

Upper North Street, London E14 6DU
Tel: 020 7987 2782 Fax: 020 7538 3792

Midday Meal Supervisor

Monday - Friday (10 hours) Term Time Only
Pay Scale 1 Pro Rata | April 2015

We are looking to appoint a midday meal supervisor to join our efficient team.

We are looking for someone with a professional manner who is:

- Flexible, organised, efficient and able to work as part of a team
- Able to communicate effectively and clearly
- Able to use their own initiative

For further details please contact: Amena Begum
admin@mayflower.towerhamlets.sch.uk

For an application pack please go to our website:
www.mayflower.towerhamlets.sch.uk

Closing Date: Wednesday 4th March 2015 at 4pm
(Only shortlisted candidates will be contacted)

Interviews: Thursday 16th March 2015

Mayflower Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. This post is subject to enhanced DBS check.

www.racareservices.co.uk

URGENTLY WANTED

Domiciliary Care Assistants

for Tower Hamlets, Newham, Redbridge, Hackney and City of London Boroughs.

Experienced Mental Health Support Workers

for care in the community project, London area.

All Care positions available will require an Enhanced DBS issued within the last 12 Months. Minimum qualification required is Health and Social Care Level 2.

Office Administrator in the Tower Hamlets area (Volunteer)

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Please send your CV's to Info@racareservices.co.uk or marlon@racareservices.co.uk (Vacancies in subject box)

We carry out enhanced DBS check.

We Offer 1 Day Introduction to Care Course, for New Carers.

7 Hessel Street, off Commercial Road, London E1 2LR
Nearest station is Shadwell DLR

Private limited Company, England and Wales Registration Number: 8181621

Special Treatment Licence

Notice given that Fiona Harding has applied to the London Borough of Tower Hamlets for a Licence for massage, manicure, pedicure & facials only

Licences for the premises:

John Harding Salon
Ivory House
St Katharine's Dock
E1W 1AT

Anyone wishing to oppose the application must give notice in writing to David Tolley, Head of Consumer and Business Regulations Service, 6th Floor, Mulberry Place, 5 Clove Crescent, London E14 2BG. Within three weeks specifying the grounds of opposition. Persons objecting to the grant of a licence must be prepared to attend in person at a hearing before a Committee of the council.

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Tuesday
prior to
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Public notices

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – WICK LANE E3

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Wick Lane between its junction with Maverton Road and its junction with Riverside Wharf.

The restriction on vehicular traffic will enable the essential anti-skid and resurfacing works to be carried out on the public highway by LBTH.

The alternative routes for vehicular traffic will be via the A12 East Coast Route (northbound), East Cross Route slip road, Wick Road, Cadogan Terrace (southbound), and Wick Lane or A12 East Cross Route (southbound), Bow Road Roundabout, Bow Road, Mile End Road (westbound), U-turn into Mile End Road (eastbound) at its junction with Burdett Road, Bow Road (eastbound) and Fairfield Road. For local vehicular traffic access it will be via Wick Lane, Jodrell Road, Parnell Road and Tredegar Road and vice versa.

The restriction on vehicular traffic will operate on Sunday 8th March 2015 from 08.30 hours until 18:00 hours when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Moira Underwood, Engineering Construction, Improvements Works Group, Transport and Highways on 020 7364 6529 or email, moira.underwood@towerhamlets.gov.uk

Dated: 16th February 2015

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – GLENGARNOCK AVENUE E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Glengarnock Avenue to the eastern-most end from its junction with Stebonedale Street.

The restriction on vehicular traffic will enable essential crane works to be carried out on the public highway by Baldwin's Crane Hire Limited.

There are no alternative routes for vehicular traffic as it is a cul-de sac or dead end street.

The restriction on vehicular traffic will operate on Wednesday 11th March 2015 and Thursday 12th March 2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Transport and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

Dated: 16th February 2015

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM

MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – COPPERFIELD ROAD E3

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway outside nos. 42 to 44 Copperfield Road, between its junction with the northern-most end of Copperfield Road and its junction with Rhodeswell Road.

The restrictions on vehicular traffic will enable essential crane works to be carried out on the public highway by City Lifting Limited.

There are no alternative routes for vehicular traffic as it is a dead end road or cul-de sac.

The restriction on vehicular traffic will operate on Sunday 15th March 2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the traffic restriction to Dave Pryce, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6898 or email david.pryce@towerhamlets.gov.uk

Dated: 16th February 2015

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



Legal Services Team Leader – Planning

Law, Probity & Governance Directorate
Ref: LPG00059 | Fixed term contract
Closing date: 08.03.15

£58,950 - £61,914
per annum

Legal Services Team Leader – Property

Law, Probity & Governance Directorate
Ref: LPG00057
Closing date: 22.02.15

£58,950 - £61,914
per annum

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



**PROPOSED CHARGES FOR STREET TRADING IN TOWER HAMLETS
2009/10 UNDER LONDON LOCAL AUTHORITIES ACT 1990
(as amended) Section 32**

NOTICE IS HEREBY GIVEN that under Section 32(10) of the London Local Authorities Act 1990 (as amended) (hereinafter referred to as ‘The Act’) the Mayor and Burgesses of the London Borough of Tower Hamlets (hereinafter referred to as ‘the Council’) have determined fees and charges to street trading licence holders under Section 32(1) and (2) of the Act as set out below with the intent to implement them with effect from 1st April 2015. Representations relating to the proposed charges should be made in writing to the Council within 28 days of this notice’s publication to the Head of Community Safety, Enforcement and Markets, Directorate of Communities, Localities & Culture, Tower Hamlets Town Hall, Mulberry Place, 5 Clove Crescent, London E14 2BG.

MARKET	EXISTING CHARGES £			PROPOSED CHARGES £		
	Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
Markets other than below	5	25	36	7	27	38
Chrisp Street – (Normal)	5	25	n/a	7	27	n/a
	(Large)	6	45	n/a	8	47
Columbia Road	n/a	n/a	45	n/a	n/a	47
Petticoat Lane	5	n/a	32	7	n/a	34
Whitechapel	7	30	n/a	7	30	n/a
Isolated pitches	20	40	50	22	42	52
Temporary Licences (in any market)	20.60	30.90	36.00	22.60	33	38
Regenerative Licences (as determined)	10	15	20	12	17	22
Extra Pitch Voucher (as available)	5.00	10.00	15.80	7	12	17
Fresh produce & flower waste disposal	Green waste traders sharing cost equally by market			Sharing costs equally by market Monday to Sunday		
Use of Public Footway or Space. Display of Goods	£1 a square metre a day			£3 a square metre a day		
Forecourt Trading	25 a week			27 a week		

Permanent Licence Application and Renewal fee - (3 years or lesser period to 31.03.18)	75	75
Registered Assistant Application fee (3 years or lesser period to 31.03.18)	10	12
Temporary Licence Registration and Renewal fee (3 years)	75	75
Public Footway Licence – Application fee - tables and chairs (6 months)	120	122
Public Footway Licence – Application fee – shop display/A Board/Specified Service (6 months)	12.50	77 (up to 3 years) – charged 6 monthly
Public Footway Licence – Isolated Pitch Application fee 6 months)	12.50	77 (up to 3 years) charged 6 monthly
Refunds, duplicate/copy documentation, licence deposit and reclaim	25	27
Charge for an arrears letter	20	22
Charge for final reminder	-	22
Quarterly Licence Variation fee	50	52
Replacement pitch card	15	17
Electricity tokens (per token)	1	3
Fees for licence – new pitch designation	-	1002

Take Notice of

Public Notices

Make sure you know what’s going on in your neighbourhood.

Public notices

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – ROMAN ROAD E3

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Roman Road between its junction with Zealand Road and its junction with Grove Road.

The restrictions on vehicular traffic will enable essential highway maintenance and resurfacing works to be carried out on the public highway by LBTH.

The alternative route for vehicular traffic will be via Grove Road (northbound), Old Ford Road (eastbound), St. Stephen’s Road (southbound) and Roman Road and vice versa. For local access into Kenilworth Road and Vivian Road the alternative route will be via Roman Road, Ellesmere Road, Chisenhale Road and Kenilworth Road or Vivian Road and vice versa

The restriction on vehicular traffic will operate on Sunday 1st March 2015 and at times when temporary traffic signs are placed on the pub-

lic highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the traffic restriction to Gary Marshall, Street Scene Engineer, Better Places, Transport and Highways on 020 7364 6669 or email gary.marshall@towerhamlets.gov.uk

Dated: 16th February 2015

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – ERIC STREET E3

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway for a distance of approximately 30 metres outside No. 130 Eric Street between its junction with Wentworth Mews and its junction

with Mile End Road.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Avanti Traffic Management Limited.

There is no alternative route for vehicular traffic as it is a dead end street or cul-de-sac.

The restriction on vehicular traffic will operate on the following weekdays and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002:

- a) From Monday 23rd February 2015 to Friday 27th February 2015 each day from 08:00 hours until 18:00 hours;
- b) From Monday 2nd March 2015 to Friday 6th March 2015 each day from 08:00 hours until 18:00 hours.

Please refer any queries regarding the above traffic restriction to Dave Pryce, Network Coordinator, Transport and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 16th February 2015

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

Wickham House, 69-89 Mile End Road and 10 Cleveland Way, London, E1
PA/14/03547/PLA

Refurbishment of former Wickham's department store comprising: demolition of facade of former Spiegelhalter's shop at 81 Mile End Road to provide new entrance, change of use of second floor to office (Use Class B1), change of use of basement to a flexible retail/leisure use (Use Class A1-A4/D1/D2) and erection of roof extensions at third and fourth storey levels to provide 1,481sqm (GIA) of additional office space (Use Class B1); as well as reconfiguration of internal layout, restoration of external features and other associated works.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 16th February 2015

**OWEN WHALLEY
HEAD OF PLANNING & BUILDING CONTROL**



LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

The Royal London Hospital, Whitechapel Road, London, E1 1BB **PA/15/00108/BEE**

Removal and re-siting of Royal London Hospital war memorial plaque from within the former ground floor foyer of the old Royal London Hospital Front Block Building. To be re-sited on the wall of the Stepney Way public atrium in the new hospital building.

8 Sewardstone Road, London, E2 9JG **PA/14/03115/PLA**

Conversion of the existing basement into a 1 bedroom flat with ancillary works to create the front entrance from Sewardstone Road.

3 Old Montague Street, London, E1 5NL **PA/15/139/KHA**

Conversion and change of use of offices to residential studio flats on the 1st and 2nd floors of the property

Flat 3, Wool House, 74 Back Church Lane, London, E1 1AB **PA/15/72/SHA**

- 1) Create openings in existing ground floor to create voids for lightwells and stairs.
- 2) Install new partitions to form enclosed offices, meeting rooms, toilets and a tea point.
- 3) Install new mechanical and electrical services consistent with the B1 use designation.
- 4) Install new entry system panel.
- 5) Decorate existing columns, ceiling and doorways.
- 6) Install new flooring to the lower ground floor.

12 Dane Place, 2 Dane Place And The Rear Of The Main Abbotts Building at 470-480 Roman Road, London E3 **PA/15/162/JT**

Demolition of the existing workshop building at 12 Dane place and the redevelopment of the site, to provide 7 new dwellings. Provision of a new single storey extension to the rear of the main Abbotts building at 470-480 Roman Road

221 Jubilee Street, London, E1 3BS **PA/15/116/LAB**

Conversion and refurbishment to create a single dwelling (use class C3).

Flat 7, 214 Cambridge Heath Road, London, E2 9NQ **PA/15/99/LAB**

Installation of two conservation style double glazed, flush roof-lights on the non-road facing slope of a two-pitched roof. Replacement of solid timber dormer door with conservation style timber framed double glazed dormer door on non-road facing side of roof. Adding conservation style double glazed timber framed window into existing window opening that had been boarded off.

108 Whitechapel Road, London, E1 1JE **PA/15/138/LYM**

The installation of an ATM with internally illuminated ATM screen and surround.

108 Whitechapel Road, London, E1 1JE **PA/15/137/LYM**

The installation of an ATM through the existing glazed shop front

64 Wentworth Street, London, E1 7AL **PA/14/3041/ADW**

Display of 3no. projecting signs at fascia level and 7no. vinyl window signs to shopfront glazing

64 Wentworth Street, London, E1 7AL **PA/14/3040/ADW**

Installation of new glazed door in Commercial Street frontage

Flat 5C, St Johns Wharf, 104-106 Wapping High Street, London, E1W 2PR **PA/15/37/SHA**

Replacement of the existing patio doors that secure Flat C, providing access to the private terrace

422 Roman Road, London, E3 5LU **PA/15/136/GMA**

Change of use from Use Class A1 (Retail) to Use Class A2 (Financial and Professions Services)

Flat 23, 135 Wapping High Street, London, E1W 3NH **PA/15/133/LYM**

To open kitchen with main reception in order to have a full open plan kitchen, dining and living

Cafe Eat 2, Kelsey Street, London, E2 6HD **PA/14/3491 & 3492/JTH**

Convert the existing cafe and adjacent kitchen space within the Drapers City foyer into a pre-school playgroup including:

- Creating a large opening in the wall between the existing cafe and kitchen area
- Inserting a mezzanine level into the space, creating a new fenced playground to the north of the building and creating a new fenced playground within the walled courtyard on the south side of the building.
- Extension to the Weavers Fields Community Nursery to house a buggy store

Universal House, 88-94 Wentworth Street, London, E1 7SA **PA/15/170/ADW**

Erection of one additional roof storey for office use (Use Class B1)

144-146 Commercial Street, London, E1 6NU **PA/15/44/SHA**

A new single storey roof extension within the existing roof void to create a 1 x 1 bed residential unit

Construction of five storey rear extension to facilitate new stair case

Refurbishment of the front façade

Installation of a green roof

Internal reconfiguration consisting of:

Relocation of residential stair case

Conversion of existing 2 x 1 bed flats to 2 x 2 bed flats at first and second floor level

418 Roman Road, London, E3 5LU **PA/15/95/GMA**

Proposed ground floor studio flat and second floor mansard roof. New shopfront. Extended basement storage

Advert panel located outside the Royal London Hospital, Whitechapel Road, London **PA/14/3374/GGW**

Advertisement consent sought for 1 x Council Information Panel. The Panel displays 3 x scrolling advertisement posters on one side and a static council information poster on thereverse. Posters displayed are of the 6-Sheet size

Base of Eastern CRT Crane, West India Dock, Off Preston Road, Isle of Dogs, London, E14 **PA/15/125/CSK**

Prior approval determination for the installation of electronic communications apparatus at Base of Eastern CRT Crane

Flat 18, 4th floor of Duke Shore Wharf, 106 Narrow Street, London, E14 8BU **PA/15/00004/SAE**

Renewal of existing timber framed windows and French doors to patio on southern east and south west elevations of the building [Retrospective application]

687 Commercial Road, London, E14 7LF **PA/14/3668/SAE**

Removal of existing raised glazed roof light at front of the property and Installation of flush glazed horizontal walk-on window to the front of the property

Wickham House, 69-89 Mile End Road and 10 Cleveland Way, London, E1 **PA/14/03547/PLA**

Refurbishment of former Wickham's department store comprising: demolition of facade of former Spiegelhalter's shop at 81 Mile End Road to provide new entrance, change of use of second floor to office (Use Class B1), change of use of basement to a flexible retail/leisure use (Use Class A1-A4/D1/D2) and erection of roof extensions at third and fourth storey levels to provide 1,481sqm (GIA) of additional office space (Use Class B1); as well as reconfiguration of internal layout, restoration of external features and other associated works.

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

88 Narrow Street, London, E14 8BP **PA/15/65&66/KFL**

Alterations & refurbishment works internally and externally to single family house.

9 Mountague Place, London, E14 0EX **PA/15/167 & 168/SAE**

Removal of existing single storey building and erection of single storey rear extension plus internal modifications

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 16th February 2015

OWEN WHALLEY
Head of Planning and Building Control



Public notices

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – BRICK LANE AND FOURNIER STREET E1

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in:

- Brick Lane, approximately 30 metres, north, and 30 metres south, from its junction with Fournier Street;
- Fournier Street, approximately 30 metres, west, from its junction with Brick Lane.

The restrictions on vehicular traffic will enable essential works to be carried out on the public highway by Road Traffic Solutions.

The alternative routes for vehicular traffic will be via Brick Lane, Chicksand Street, Greatorex Street, Hanbury Street, Spelman Street and Princelet Street or Fournier Street, Commercial Street, Hanbury Street, Wilkes Street, Princelet Street and Brick Lane.

Throughout the duration of the works, and at times when the “one way” and “no entry” traffic signs are covered, the existing one way working in:

- a) Fournier Street between its junction with Brick Lane and its junction with Wilkes Street will be temporarily suspended;
- b) Brick Lane between its junction with Heneage Street and its junction with Princelet Street will be temporarily suspended.

The restriction on vehicular traffic will operate on the following three weekends:

- a) Sunday 22nd February 2015 from 10:00 hours to 18:00 hours;
- b) Sunday 1st March 2015 from 10:00 hours to 18:00 hours;
- c) Sunday 8th March 2015 from 10:00 hours to 18:00 hours.

This is when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the traffic restriction to David Pryce, Network Coordinator, Transport and Highways on 020 7364 6898 or email david.pryce@towerhamlets.gov.uk

Dated: 16th February 2015

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – WHITES ROW E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway outside No. 5 Whites Row between its junction with Toynbee Street and Tenter Ground.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by City Lifting.

The alternative routes for vehicular traffic will be via Toynbee Street, Brune Street, Tenter Ground and Whites Row.

Throughout the duration of the works, and at times when the “one way” and “no entry” traffic signs are covered, the existing one way working in:

- a) Whites Row between its junction with Toynbee Street and its junction with Bell Lane will be temporarily suspended;
- b) Toynbee Street between its junction with Brune Street and its junction with Whites Row north-bound will be reversed.

The restriction on vehicular traffic will operate at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002:

- a) On Monday 16th March 2015 from 08:00 hours until 18:00 hours;
- b) On Monday 23rd March 2015 from 08:00 hours until 18:00 hours.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Network Management Team, Transport and Highways on 020

7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 16th February 2015

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – GOULSTON STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, having consulted with City of London, with the agreement of Transport for London, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Goulston Street between its junction with New Goulston Street and its junction with Whitechapel High Street.

The restriction on vehicular traffic will enable essential gas works to be carried out on the public highway by tRIIO.

The alternative route for vehicular traffic will be via Middlesex Street, Gravel Lane, White Kennett Street, Stoney Lane, Houndsditch, St. Botolph Street and Whitechapel High Street.

The restriction on vehicular traffic will operate from Thursday 19th February 2015 to Sunday 10th May 2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 16th February 2015

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG



Don't sit on the sidelines

There are many ways to get fit in Tower Hamlets. Our listings include everything from cricket to yoga and taekwondo.

SEE PAGE BELOW AND PAGE 34

Sport

Leisure centres

John Orwell Sports Centre

Tench Street, Wapping, E1W.
7488 9421

Langdon Park Leisure Centre

35 Byron Street, Poplar, E14
SHOKK Youth Fitness Centre.
7987 3575

Mile End Park Leisure Centre

190 Burdett Road, E3.
8709 4420

Mile End Park Stadium

Rhodeswell Road, Poplar, E14.
8980 1885

St George's Pools

221 The Highway,
Wapping, E1W.
7709 9714

Tiller Leisure Centre

Tiller Road, Isle of Dogs, E14.
7987 5211

Whitechapel Sports Centre

55 Durward Street,
Whitechapel, E1.
7247 7538

York Hall Leisure Centre

5-15 Old Ford Road, E2.
8980 2243

Sport & leisure

Back to netball

Tues, 6pm. £1.10.
John Orwell Sports Centre,
Tench Street, E1W.
07914 685261

Body conditioning

Thurs, 6.15pm. Shadwell Basin
Centre, Glamis Road, E1.
07961 951522

Badminton & Volleyball

Coaching for ages 9-16, all levels welcome. £1. Sats, 12-2pm. Handball. for ages 9-16.
£1.Sats 2-3.30pm.
Bethnal Green Academy Sports Centre, Gosset Street, E2.
7920 7937

Cricket coaching

Under-11s and under-13s –
Weds, 4-5.30pm; under-16s –
Tues, 4.30-6pm; ages 16+ –
Thurs 5-8pm.
Docklands Settlement,
197 East Ferry Road, E14.

Docklands women's running

All abilities welcome
Mon, 6.30pm. Mile End
Stadium, Rhodeswell Road, E14.
07958 368070

Football training

Every Sat, 9-11am for boys and girls aged 5-11, Mulberry School for Girls, Richard Street, E1;
12-1pm for boys and girls aged 3-5. St Patrick's School, Dundee Street, E1W.
07956 095218

Kibondo

Martial art for ages 6 & over.
Mon, 6.30-8pm, all ages; Fri, 7-8.30pm, seniors & adults. £4 adults, £3 children, first lesson free. Teviot Centre, Wyves Street, E14.
07956 428654

Kickboxing and self-defence

£5 per class. Suns, 1pm; Tues, 7pm (women only).
Whitechapel Sports Centre, Durward Street, E1.
07983 201987

Chi Kung

Ancient Chinese exercise practice with gentle, meditative exercises.
Mon, 6-7.15pm.
St Margarets' House Settlement, E2.
07905 098413

Kool Karate and Fitness Fun Class

Every Tues & Thurs, 5-6pm.
St James-the-Less Hall, St James's Avenue, E2.
07934 126510

Kung fu

Learn the Wong Shun Leung system of ving tsun.
Weds, 8-9pm. £7, adults only (children's classes coming soon).
St John's Church Hall, 200 Cambridge Heath Road, E2.
07930 609379

Kung fu fitness

Mons 7-9pm. Bryant Street Methodist Centre, Stratford, E15.
07950 637345

Muay Thai for women

Sat 3-4.15 £7 concs, £9 waged.
KO London, 186 The Arches,

Globe Road, E2.

7265 9693

Netball

Arbour Netball Club hold training sessions at the Parkside Leisure Centre at Mulberry School, Commercial Road, E1 every Monday night.
01277 811772

Rugby

Millwall Rugby Club. Men's, women's and youth teams.
Suns, 10.30am-12pm (youth);
Mons, 7.30-9pm (adults);
Weds, 7.30-9pm (men);
Thurs, 6.30-7.30pm (boys aged 7-17); Thurs, 7.30-9pm (women all ages).
www.millwallrugby.com

Rugby for children

Tag rugby (non contact) games for ages 2-7. Sats, 10am-12pm (term-time).
Free trial.
Victoria Park, Grove Road, E9.
01252 794150
www.trytimekidsrugby.com

Self-defence and keep fit

Self-defence and keep fit with freestyle taekwondo.
Mixed classes of adults and children every Tues, 6.30-8pm & Sun, 1-3pm.
Tiller Leisure Centre,
Tiller Road, E14.
8310 1469 or 07950 896926

Seniors exercise

Mons, 1.30pm, line dancing;
Tues, 10.45am, workout.
London Dockers Club,
6 Boulcott Street, E1.
7790 3785

Sun kune do

Mons, 7-8.15pm. Adults £4.50, ages 10-16, £3.50.
Lifra Hall, 7 Halley Street, E1.

Taekwondo classes

Taster class £5 for adults, £3 for children aged five to 14.
Adults £50-£40 per month.
Easy Studio, 60-64 Kingsland Road, E2.
7033 4660

Table Tennis Club

Every Sat, 10am-12pm
For ages 11-19
George Green's School,
100 Manchester Road, E14.
7987 6032

Swim for charity

Swimathon returns to Tiller, Mile End, St George's and York Hall swimming pools in April. To register, go to...

WWW.SWIMATHON.ORG TO REGISTER

Sport

Continued from page 33

Tiller Runners

Women's running group, suitable for all abilities. £1.10 per session. Mon, 6.30pm. Meet at Tiller Leisure Centre, Tiller Road, E14. 7987 5211

Women's football

Train with KIKK Talang, KIKK United's development team, for ages 16+. Free. Mons, 8-9pm Whitechapel Sports Centre, Durward Street, E1. kikktalang@gmail.com

Women's self-defence

Mons, 7-8.15pm, £5 adults/£3.50 children. John Orwell Sports Centre, Tench Street, E1. 07949 597965

Angel yoga

Kundalini yoga for beginners every Tues, 7.30-8.45pm. £9. St Hilda's Community Centre, 18 Club Row E2. 07890 909928 satkartarkaur@rocketmail.com

Gentle Yoga

Relaxation and meditation. All welcome. £7 (concessions available). Mons, 6.15-8.30 pm. Glamis Residents' Hall, 414 Cable Street, E1.

Yoga class

Fri, 10.30-11.30am. Free.

Alpha Grove Centre, Isle of Dogs, E14 7538 1714

Yoga Creation E14

Ashtanga, Vinyasa, Hatha yoga classes (£10-£14), courses & workshops. For beginners to advanced, 7 days a week. Pregnancy yoga, £13. 7517 9183 www.yogacreation.co.uk

Women's Yoga

Free classes, donations welcome. Take your own mat. Fri, 10.30-11.30am. Alpha Grove Community Centre, Alpha Grove, E14. 7538 1714

Zumba classes

Every Weds, 7.30-8.30pm. £5. Tredegar Community Centre, 333 Morville Street, E3. 07884 168176

Yoga, Pilates, tai chi & Zumba

Classes from £2-£5. The Brownfield Community Cabin, 82 St. Leonards Road, Poplar, E14. 3069 7401.

If you have a date for our Out and About diary, send the details to eastendlife.news@towerhamlets.gov.uk



Having a ball in World Cup year

East London rugby legend Jason Leonard and former England women's player Maggie Alphonsi (left) launched the Festival of Rugby which encourages clubs and schools to get involved.



The Stepney Green School indoor rowing team enjoyed more success

Rowers retain crown

BY PETER FAULKNER

STUDENTS at Stepney Green School have shown they possess muscle power as well as brain power.

A team from the school, in Ben Jonson Road, Stepney, took part in the annual borough indoor championships and once

again made a big splash by retaining the crown for the school.

The boys who rowed to victory were: Year-7 – Mohammed Mahatir, 559 metres in 2 mins; year 8 – Jasim Ahmed, 793 metres in 3 mins; year 9 – Ijaz Uddin; year 10 – Badrun Ali, 1,392 metres in 5 mins; year 11 – Badrun Ali, 1,629 metres in 6 mins.

The school's next big indoor rowing event will be the national championships on March 23.

Stepney Green puts a lot of time into rowing and so far 53 boys have achieved their 10,000m rowing awards this term and seven boys have achieved their 50,000m award.

Hockey

THE seventh annual Tower Hamlets Primary School hockey competition saw St Saviour's crowned as champions.

More than 240 pupils from 17 primary schools took part in the event at PlayOn Sports.

After the hotly contested early rounds, the final saw St Saviour's, of Chrisp Street, Poplar, take on Cubitt Town Juniors from the Isle of Dogs.

It was an exciting match with the scores level at 3-3 when the full-time whistle went.

Extra time followed and Saints showed great stamina to run out 5-3 winners.

Bethnal Green's Hague primary defeated last year's winners Marion Richardson of Stepney to secure third place.

Rugby

STRATFORD's Copper Box arena and local rugby clubs will be celebrating this year's Rugby World Cup by staging a series of events to capture the public imagination.

East London rugby legend Jason Leonard played his part by launching the Festival of Rugby which encourages clubs, schools and even community groups to get involved.

He was joined by former England women's rugby player Maggie Alphonsi at the launch of the festival which is open to anyone.

One of the biggest events will be the World Wheelchair Rugby Challenge at the Copper Box.

The Festival of Rugby is open to any event hosted between

June 10 and October 31, 2015 that includes a rugby theme.

Swimathon

THE annual aquatic fundraiser Swimathon returns to Tiller, St George's, Mile End and York Hall swimming pools from April 17-19.

Duncan Goodhew MBE, Olympic gold medallist and Swimathon President, said: "It provides motivation and a personal challenge to swimmers nationwide. It also offers a goal to train for, a target to achieve and a great cause to support."

Over the past 27 years, more than half-a-million swimmers have raised some £40million for charitable causes.

Go to www.swimathon.org to register.



THE annual Street League football fundraiser at Canary Wharf raised £100,000. Corporate teams paid £5,000 to compete at five-a-side arena Play-On Sports, each fielding a graduate from the Street League academy programme – a venture aimed at improving employment prospects. The tournament was marked by special guest appearances from ex-Arsenal and England defender Lee Dixon, and Street League ambassador Max Rushden.

The graduates, aged 16 to 25, had all completed the charity's ten-week football and education programme. Dixon (pictured with the winners) said: "I'm really proud to be supporting Street League. The work they do in helping young people through some of the toughest times in their lives is so important." The £100,000 will be split evenly between funding the London Academies and Street League's Employer engagement programme.



Sammy's flying visit

Former East London Hockey Club goalkeeper Sammy Jones flew back to London from Australia for a family event... and kept a clean sheet for the third team just three hours after landing.

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

East find top gear to end losing streak

BY PETER FAULKNER

EAST London Hockey Club's men bounced back in style after three successive losses to hand Letchworth 2nds an 8-0 beating.

After a cagey first ten minutes East found their rhythm and from that point camped out in Letchworth's half.

Four first-period goals followed from Henry Emery, Joe Green and two from Mitchel Nicholson, including a skillful reverse stick strike.

East London continued to dominate after the break.

Sam Boddington scored with a drag flick to the top left, Green pounced on to a back post ball for his second, and Boddington deflected the ball inside the post to register a brace of his own. Adam Willoughby rounded off the scoring.

East London ladies 1st 1 Burnt Ash 1st 3

EAST London's ladies travelled to Burnt Ash for a mid-table clash, taking a determined squad of 12, including three promoted from the second team.

East soaked up the pressure early in the game but Burnt Ash eventually broke through. East spent the rest of the first 35 minutes in the Burnt Ash D, but were unable to find the target.

In the second half, Ash doubled their lead

before Grace Lant pegged one back, but the two-goal margin was restored within seconds. East London's player of the match was Laura Wilkins.

Round-up of other games: East London men's 3rd team grabbed a last gasp winner in an 11-goal thriller with Guy Paul getting a hat-trick.

There were also hat-tricks by Belinda Le Mesurier for the ladies 4th team, Julia Burchill for the 5th team and Henry Emery for the mixed 1sts.

The ladies 5th team enjoyed a comprehensive 12-0 victory. Morag Campbell was the star performer with no less than five goals.

Wapping Mens 1st 3 Blueharts 2

WAPPING Hockey Club was founded 25 years ago by former members of the Blueharts club and they have always proved to be a strong side.

In this East Premier A division at the Lee Valley Hockey & Tennis Centre Wapping, without eight key players, went two goals clear inside the first 20 minutes through Felix Styles and Ollie Davies, with his first outdoor goal for the club. Wapping were guilty of missing clear-cut chances but hung onto their 2-0 half-time lead.

Blueharts fought back in the second-half and put together some top-quality passing moves before pulling a goal back

through a Wapping error. The hosts responded by stepping up a gear, taking the lead from an accurate Olly Cooper penalty stroke after a shot on goal was stopped by a defender with his body.

The final 15 minutes were a nervy affair for the home side. Despite being in control of the game, a one-goal cushion is never comfortable and hearts were in mouths whenever Blueharts ventured forward.

Wapping ladies 1 Bromley & Beckenham 2

AFTER a cracking victory against Saffron Walden the previous week, Wapping ladies first team's poor discipline cost them dear against Bromley & Beckenham.

The hosts appeared to be carrying on where they left off when an early break from Lucy Todd and Jo Ward resulted in a smashing cross which Kate Radford buried.

After the interval Bromley & Beckenham showed they meant business.

Following ten minutes of unrelenting attacks they were back on terms, but it wasn't until five minutes from time that Wapping imploded.

Both Charlotte Keizer and Louise Song were handed yellow cards and sent to the sideline. And while Wapping were down to nine players on the pitch, Bromley & Beckenham capitalised almost immediately by winning a short corner from which they struck the winner.



Rockin' Rollers (in red) against Seaside Siren ©Mindy Cherry

Rollerball

LONDON Rockin' Rollers are gearing up to play their part in a roller derby double header at Newham Leisure Centre.

Their clash with Bristol Roller Derby this Saturday, February 21 will be followed by Southend's Seaside Siren against Brighton Rockers.

The matches are in the second round of the first British Championships and fans are invited to the free roller disco afterwards. Tickets are £15 adults and £6 children.

More details at <http://londonrockinrollers.co.uk>

Tennis

PUPILS from St Paul's Way Trust School in Bow enjoyed a free two-hour tennis coaching session at Lee Valley Hockey and Tennis Centre.

The session took place on the same type of indoor courts as those used for the US Open and came about after the school visited the centre in November for the NEC Wheelchair Tennis Masters tournament.

Richard Love, tennis development officer, said: "We have offered all schools and colleges who attended the NEC Wheelchair Masters the opportunity to have a go and I hope that many of those who came to watch will have been inspired to take up the sport themselves."

Marathon

ARE you looking for a last-minute place in April's London Marathon – then Ability Bow would like to invite you to join its team of 23 runners raising money for its unique gym.

Ability Bow provides fitness and rehabilitation support to

people who have a disability, injury or a long-term health condition.

If you want to try the marathon and raise funds for the charity, in St Stephens Road, Bow go to www.crunch.org.uk/abilitybow

Boxing

REPTON Boxing Club travel to Belfast for a team match on Friday March 13 – the 25th anniversary of the first match between the two sides.

They box at the Titanic Centre and this will be the 50th team match after team clashes over the last 25 years.

REPTON'S Jimmy Smith suffered a shock defeat when he was unanimously outpointed by Zach Chilli (Times) in the London ABA championships finals.

Boating

ADULT kayaking and sailing sessions begin at Shadwell Sailing Centre in Glamis Road, Isle of Dogs, from 10am on April 11.

This fun introduction to kayaking and canoeing takes place on the sheltered water of Shadwell Basin, but all participants must be able to swim and be confident in deep water.

Docklands Sailing and Watersports Centre on the Isle of Dogs will run the last race of the 2015 Frostbite Series on March 1.

Netball

THE University of East London's netball team beat Imperial College London Medics 69-5 at SportsDock to take their record to seven wins in seven matches this season.

Soccer round-up



Sessions are for boys and girls

Football fun

LOOKING for a free half-term activity for your kids?

Check out The FA Skills programme at Mile End Leisure

Centre AstroTurf on Wednesday, February 18, from 10am-12 noon and from 1-3pm.

The football sessions, designed for 5- to 11-year-old girls and boys of any ability, are run by professional FA coaches.

To book a place, visit <http://faskills.thefa.com> or call Andy Hill on 07943 552878.

Athletico take title

ATHLETICO Bow became champions of the Joshila Sports Division One in the East London Sunday League with a stunning 9-2 win over Young Prince.

Hero of the day was four-goal Tyrone Davidson. Luke Barter (2), Jordan Lewis, Barry Brown and

John Abela were also on target for Athletico while Young Prince's goals came from Mace Johnson and Archie Andrews.

In the Premier Division, St Lucia United (Gustave) lost 3-1 to Stratford Juniors, Hatch Lane beat Stoke Newington 7-2 thanks to goals from Theodore, (3), Campbell, (2), Blair and Thompson.

Marston (2) and Bird were the scorers for EL Valiente when they beat Nightingale 3-2, Vallance lost 5-3 to Cranes.

In the Senior Cup, Hackney Downs were awarded a walkover while in the Dick Coppick Cup quarter-finals Castrillon beat Haringey Town 4-2, FC Romania were given a

walkover, Mabley lost 4-1 to Ainslie Wood and Pedro beat Wimbledon Park 8-0.

Cup date delayed

FC HAMLETS had their London Junior Cup quarter-final at Barkingside under-21s match postponed due to the weather.

The game was rescheduled and due to be played as East End Life went to press.

Both Tower Hamlets FC and Sporting Bengal went down to heavy defeats in the Essex Senior League.

Hamlets lost 4-1 at Basildon United and bottom-of-the-table Sporting were beaten 5-1 at home defeat by Ilford.



More inside

For stories on rowing, football, hockey, tennis and sports listings, see...

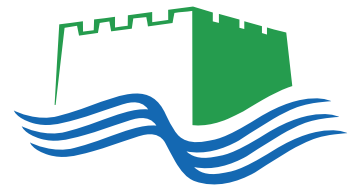
SEE PAGES 33, 34, 35 & 36



A different take on bowls

Boccia is a Paralympic sport for athletes with disabilities that have a major impact on motor skills. It is a 'target ball' sport, belonging to the same family as petanque and bowls.

SEE BELOW



TOWER HAMLETS

eastendsport

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Pupils are top class

Cayley kids win at water polo while Morpeth youngsters dominate table tennis tournament

BY PETER FAULKNER

TWO Tower Hamlets schools are celebrating success in two very different sports – water polo and table tennis.

Poplar's Cayley primary won Tower Hamlets Youth Sports Foundation's annual water polo competition while Morpeth School won the London Schools Individual table tennis crown.

One hundred and forty children from ten different schools battled it out at St George's Leisure Centre to be crowned water polo champions, but it was the Cayley kids who made the biggest splash beating St Paul's, Bow, in the final.

The semi-finals produced some exciting matches with Cayley beating Lawdale 4-0 and St Paul's beating Arnheim Wharf 2-1.

Cayley looked the more focused team in the final and ran out 3-2 winners.

If you would like more information about the foundation or taking part in water polo please contact Abdal Ahmed on 7987 4811.



Morpeth's youngsters enjoyed more table tennis success

Morpeth, meanwhile, took the London Schools Individual table tennis championships by storm at Raine's Foundation School and have seven players through to the finals in April.

The super squad was Jamie Dignum, Rijul Roychoudhury, Murhad Hussain, Anthony Lynch, Nabilah Rifat, Yasna Hawbash and Ikram Hussain of Greenhouse Morpeth.

Jamie Dignum beat school pal Anthony Lynch 2-0 in an all-Morpeth under-16 final winning 11-9, 11-7 to qualify for the Butterfly individual finals in May.

Lynch, as one of the top four finishing players qualified for the Jack Petchey finals in April.

Rijul Roychoudhury beat Numayar Malik of Eastbury Comprehensive School 2-0 in the under-19 boys final scoring 11-7, 11-5.

Ikram Hussain, 10, a pupil at Bonner Primary School, lost 2-0 in the under-11 boys semi-finals to Abderrahim Mossad.

Murhad Hussain, Nabilah Rifat and Yasna Hawbash all reached the semi-finals of the under-16 boys, under-16 girls and under-13 girls respectively, losing



The Cayley team with their water polo medals

2-0 to fellow Greenhouse players. Nonetheless, they still qualified for the April finals.

Morpeth head coach Simon Hoang said: "It has been a great day for Greenhouse Morpeth to not only win two categories but also have so many more qualify for the Jack Petchey finals."

"These participants train very hard during their busy GCSE schedule but still find time to compete at a national level."

"The kids are proud to represent Morpeth School and I am proud to be coaching there too."

Saints march to victory in boccia cup

CENTRAL Foundation Girls School, Bow hosted the Tower Hamlets Primary and Secondary boccia tournament organised by Tower Hamlets Youth Sport Foundation.

The sport, which is related to bowls and petanque, gained in popularity after the 2012 London Paralympics.

In this borough tournament, Stepney's St Mary and St Michael Primary School marginally edged out last year's winners, Blue Gate Fields Junior School, also based in Stepney, to win the primary competition.

In the secondary competition reigning champions, Swanlea School of Stepney, fought off tough opposition from Bethnal Green's Morpeth School to win for the second year in a row.

Winning teams go forward to represent Tower Hamlets at this year's London Youth Games on March 12.

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